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Shooter Detection in Methuen

Methuen School to Pilot Indoor Shot Detection System

"It's like a smoke detector for gunshots. We have a smoke detector and carbon monoxide detector, why wouldn't we want a shot detector?"

~ Methuen Police Chief Joseph Solomon



SEE STORY - PAGE 6

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VALLEY PATRIOT OF THE MONTH

HERO IN OUR MIDST - SGT. MAJOR ERIC NELSON, 1983-2007

While attending the North Andover Veteran's Day observances, I was privileged to listen to guest speaker Sgt. Major Eric Nelson.

Nelson is a retired U.S. Army officer of 24 years. he spent his first career in the U.S. Army and is now spending his second career working for Valley Works in Lawrence helping other veterans find jobs. During his speech to the North Andover residents, Nelson talked about honor, bravery, commitment, sacrifice and what it means to be a soldier. These are the values that make up a "Valley Patriot of the Month" and that is why we chose Sgt. Major Eric Nelson.

Eric Nelson was born on May 31, 1965 in Lowell and attended University of Massachusetts in Lowell. He graduated in 2011. Prior to enrolling at UMass Lowell, Sgt. Major Nelson had a distinguished

military career beginning in 1983 when he enlisted in the U.S. Army. He joined the Army as a Field Artillery Fire Support Specialist and trained at Fort Sill, Oklahoma.

Upon completion of his training, Nelson attended Airborne School at Fort Benning, Georgia. He then joined the 82d Airborne Division at Fort Bragg, NC from 1984 to 1987. From 1988 to 1999 he was part of the 56th Medical Evacuation Battalion, Air Ambulance at Fort Bragg and the 3rd Military Intelligence Battalion. During that time Nelson also flew numerous combat missions in Saudi Arabia and Iraq as an Aeroscout Observer Section Sergeant during Operation Desert Shield and Desert Storm.

In 2003, Sargeant Major Nelson was an Aviation Mission Operations Manager for the 4th Aviation Brigade stationed in

Baghdad, Iraq. During that mission, he trained over 300 personnel on convoy operations with no combat accidents or injuries. He also led and managed a team of 15 staff in an Operations Center responsible for assigning missions and tracking aircraft and ground vehicles throughout area of responsibility, 24 hours per day.

He developed, planned, and implemented training to track the movement of 2,000 personnel, 50 helicopters, and over 300 ground vehicles daily. Because of his outstanding contribution during this time, most notably through developing realistic training that directly influenced the combat success of the organization, Nelson was awarded the Bronze Star Medal.

In 2004 Sergeant Major Nelson became a Senior Aviation Trainer and

NELSON: PAGE: 34



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Can America Survive Obama’s Treason and the Treason of the Democrat Party?

Dr. Charles Ormsby

VALLEY PATRIOT COLUMNIST

I’m no fan of our President. I’m sure that is clear to anyone who has been reading my articles since his election in 2008. Despite my disagreement with Obama on nearly every issue, I have tried to present a reasoned opposition and avoid excessively negative characterizations of Obama and his policies.

The recent events surrounding the release of five high-level enemy operatives in an exchange for a U.S. defector, and probable enemy collaborator, forces me to describe Obama and his policies in unmistakable, plain language. This recent, unprecedented and inexcusable exchange, which included two terrorists wanted by the International Court for crimes against humanity, will almost certainly lead to the future deaths of numerous innocents – both civilian and military. Don’t be surprised if this includes Americans.

Obama made this exchange, despite the HELL-NO opposition of nearly every high level military and intelligence professional and members of the Senate Intelligence and House Foreign Affairs Committees – including Democrat members. Despite this bi-partisan opposition, Obama has consciously chosen to act in a manner detrimental to the interests of the United States. He has provided substantial and unmistakable aid to our sworn enemies in a time of war. He has acted in a traitorous fashion and, as a result, he deserves the ultimate disgrace of impeachment. Of course the Democrat-controlled Senate will not vote to convict Obama, but if our senators had America’s best interests in mind, they would. Impeachment is not the full extent of what Obama deserves; after a conviction, Obama should face criminal charges. Presidents cannot be above the law.

It is to the credit and resiliency of the U.S. that we have survived this traitor for 2000 days. Somehow we must hold on for another 950.

But is Obama really a traitor? How else can we explain the Obama regime consistently making disastrous decisions that undermine the Constitution and weaken our Republic? Being wrong 7 times out of 10

times could be the result of poor assumptions, a bloated government bureaucracy, or a few bad advisors, but being disastrously wrong 99% of the time can only be the result of conscious intent.

For the first five years of the Obama administration I tried to explain Obama’s illogical policies based on mere incompetence ... even idiocy. Recent events have made such explanations impossible. It has become clear that Obama is the Manchurian President. Obama is a full-fledged traitor whose now obvious goal is to destroy the moral foundations of our Republic (individual liberty based on property rights) and eliminate America’s influence in world affairs.

But Obama is not the only guilty party. It is now clear that a substantial cadre of the administration’s leadership team is equally culpable. These people may have been loyal to the United States when they began their government service or once thought they could harvest the rewards of power without inflicting substantial harm to America, but such excuses can no longer hide their support of a treasonous President.

From economic policies designed to cripple the American economy, to the abuse of power via the Justice Department, EPA, IRS and the NSA, Obama has sought to undermine our economy and reduce our liberties. In just a few short years, Obama has gutted our military and destabilized our ability to protect U.S. interests abroad and our security at home. His leadership team and friendly Democrat legislators are enablers and therefore they all share his guilt. It is imperative that the Democrat politicians who are instrumental in carrying out Obama’s anti-American agenda be rejected by the American people this November and in 2016, so America can return to the principles that made our country great.

We have just enjoyed another anniversary of America’s founding. Was it just a holiday from the daily stresses of life or was it an opportunity to reflect on the principles that justify our loyalty and patriotism – a loyalty and patriotism that our President and his enablers don’t share?

The Left often disparages patriotism and polls show that few of their ilk are



proud to be Americans (was Michelle Obama the first first-lady to say she had never been proud to be an American?). When one considers that many Germans were patriotic during World War II and many Soviets were patriotic during the Cold War, I can understand why pride in one’s country and patriotism can be suspect. But there are multiple forms of patriotism depending on the underlying emotion or rational.

Consider tribal patriotism, where members of a tribe stick up for their tribe just because it is THEIR tribe. The tribe looks out for them. If their tribe steals some loot they get to share in the booty. The Democrat tribe likes this kind of loyalty ... just consider the unions and the army of moochers that sustain them.

Then there is territorial Patriotism. Some are patriotic because they feel an affinity to the land. You know, “Amber ways of grain” and “From sea to shining sea.” Not an unreasonable emotion, but not a justification for the greatness of a nation.

There is also faith-based patriotism. You know, America is great because God loves America the most. We are the chosen ones.

None of these describe my brand of patriotism. I love America because it is founded on the principles outlined by our

Founding Fathers: an ideology of individual liberty with a Constitution that was crafted specifically to limit government power and thus protect individual liberty from government excess.

This is the kind of patriotism that the statists, such as Obama and today’s Democrats, hate and disparage. Their goal is to fundamentally change America by destroying individual liberty.

If they succeed, we will lose both our country and our rational justification for patriotism.

Then, those of us who love freedom and liberty will have to enlist as patriots in a new American Revolution.

Dr. Charles Ormsby served two terms on the North Andover School Committee, co-founded the North Andover Taxpayers Association, is a co-founder of and columnist for The Valley Patriot, broadcasts weekly opinion pieces for WCAP (980 AM) in Lowell, and is a faculty member in the Department of Mathematical Sciences at the University of Massachusetts Lowell. Dr. Ormsby is a graduate of Cornell and has a doctorate degree from MIT. You can email him at ccormsby@verizon.net

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Secretary Galvin’s Law Breaking Cannot Be Tolerated

Four years ago our impotent Attorney General Martha Coakley prosecuted State Treasurer Tim Cahill for running state lottery commercials with our tax money while he was running for governor. State law prohibits elected officials from using tax dollars for advertising 90 days before an election if their name appears on the ballot.

Coakley persecuted Cahill despite the fact that he did not appear in the lottery commercials and his name was never mentioned. Clearly he was not using his office to gain an advantage at election time.

While we find the prosecution of Cahill to be an abuse of office and a waste of taxpayers’ money by Martha Coakley, we find it more repugnant that while Coakley was seeking political revenge against Cahill, she gave a free pass to her pal, Secretary of State Bill Galvin.

Unlike Cahill, Secretary Galvin not only used tax money to run “public service announcements” within the prohibited time frame, he actually appeared in those TV spots, identified himself by name, and ran the commercials all the way up to, and including Election Day.

What’s worse, Secretary of State Bill Galvin is responsible for enforcing the state’s fake public records law. We say fake because the law gives Galvin no authority to penalize those who conceal public documents.

But, while Galvin cannot be held accountable for not enforcing a law that has no penalties, he is certainly responsible for his own refusal to comply with requests to his office to turn over public documents.

You see, Galvin’s rival for Secretary of State, Dave D’Archangelo has decided to do what the Boston press never bothered

to do, request the documents showing how much Galvin spent on those 2010 public service announcements.

First, D’Archangelo was told that the records didn’t exist. Then he was told they did exist, maybe, but he would have to shell out thousands of dollars to find out, of course, with no guarantee that he would receive all the documents showing Galvin’s illegal expenditures.

We find all of this repulsive.

How can members of the public have confidence in our Secretary of State while he is abusing public tax dollars to benefit his campaign and then abusing his office to conceal those expenses?

Obviously, D’Archangelo’s reasons for wanting the documents are political. But, these documents belong to the public, not Bill Galvin.

We demand the release of documents by Secretary of State Bill Galvin show-

ing how much of our tax money was wasted on bogus PSA’s designed to help his reelection campaign in 2010.

We further demand that, for once, our impotent Attorney General Martha Coakley do her job and immediately prosecute.

The law is not there to prosecute political enemies as Coakley did to Cahill in 2010. It is there to protect us from law breakers like Bill Galvin.

It is staggering to us that after years of not doing her job, Martha Coakley now wants to be governor of Massachusetts. But we find it even more disturbing that no member of the Boston press bothered to do their job in 2010 by getting the Galvin documents and reporting on his abuses.

The inmates are running the asylum. We only hope the voters take all this into account on Election Day.

Humanitarian crisis? Try Invasion!

Jeff Katz

VOTED AP's BEST RADIO TALK SHOW HOST
VALLEY PATRIOT EDITOR'S CHOICE AWARD

When you look for the definition of a nation, you immediately will see that there is mention of a specified piece of territory with clearly defined borders. From there, the accepted definition branches out in to the areas of common language and shared values but at the very core, fundamental to the very idea of a sovereign country is the idea that a land area is clearly defined and that explicit borders are established. So riddle me this, what has happened to the United States of America?

Time was, our borders were protected and defended in the strongest of ways. There was no malice present in the effort to secure our nation, just the honest desire to keep order. We needed to control the entry of people the same way that we all look through the peephole in the front door before we open it. While the ideals of American exceptionalism have always provided a beacon to those seeking a better life, the process of entry was a lawful and orderly one.

In order to pursue the American dream, we laid out rules to be followed. Pretty simple and straight

forward. You needed to have some type of a skill which could be useful here. You had to have a sponsor who could support you so that you did not become a burden on the rest of the country. You needed to learn English.

For the first time in our history, a sitting President of the United States now seems to be more concerned with bringing in illegal aliens than keeping them out. Not just any illegal aliens either, but tens of thousands of so-called unaccompanied minors. While the media has painted these fine young folks as cherubic little tots, the fact is that most of these tykes are far past their terrible twos. Most of our unexpected guests are actually teenage males between the ages of thirteen and eighteen. Oh, and while we’ve been told that they are fleeing violent situations, the fact is that many of them are already gang affiliates who are looking to practice the criminal arts here in the U.S.

Seventy percent of the Border Patrol is now detailed to making sandwiches and doing laundry at the new refugee camps instead of standing guard on the border. Diseases which we eradicated decades ago are now present again thanks to the influx of illegal aliens. Commercial airliners and government



Jeff Katz is a former police officer, former talk show host on Talk1200AM and won the Associated Press Award for Best Talk Show In Boston two years in a row. He is now an exclusive columnist for The Valley Patriot. He is the recipient of The Valley Patriot's 2013 Editor's Choice Award for exceptional writing about issues that effect our lives. WEBSITE: visionaccomplished.net

buses are transporting the illegal immigrants all over the country in an effort to relocate them at taxpayer expense.

The President may call this a humanitarian crisis, but invasion seems to be a more appropriate term.

Follow Jeff Katz via twitter @jeffkatzshow and via Facebook at facebook.com/radiokatz

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Copy Editor: Christine Ryan

Corrections: Please contact the editors at valleypatriot@aol.com

Correction from 2008: As you may know, I previously made statements (not in this newspaper) regarding William and Carmine DiAdamo, their legal practice and their business dealings. Thereafter, a defamation lawsuit was brought against me and others. Since the lawsuit was filed, information has been brought to my attention that leads me to believe that the story contained inaccuracies. I apologize to William and Carmine DiAdamo if anything I published caused distress. I will not comment further regarding the lawsuit or these related matters.

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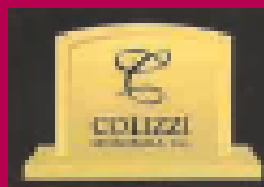
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Rep. Jim Lyons Fighting Taxes

Anne Knowles
ANDOVER COLUMNIST

Jim Lyons of Andover, incumbent State Representative for the 18th Essex District, met with some of his supporters last month and spoke about his continuing fight against “higher taxes, reckless spending and waste in government” in the Massachusetts General Court. Last week, at his 4th Annual Lyons Summer Campaign Cookout, looking relaxed and confident, Jim talked about the serious problems facing Massachusetts: out of control state budget, a bloated and over-spending bureaucracy, and the higher taxes the citizens of Massachusetts pay that results in a cut in aid to local cities and towns.

Jim spoke of his vote against the Fiscal 2015 State Budget. Since 2008 the state budget has increased from roughly \$27 Billion to the proposed budget close to \$40 Billion.

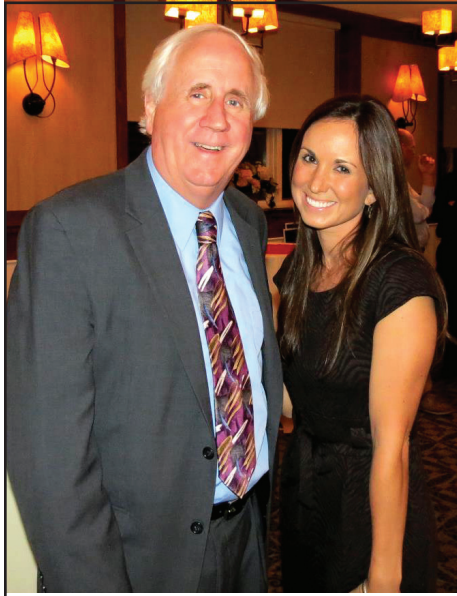
Raising the controversial sales tax in 2009 from 5% to 6.25%, he said, has not prevented drastic cuts to local aid. The sale tax increase has not been a help to working families and local businesses.

The tax passed last year by the Democratic leadership raised the gas tax to the Consumer Price Index (CPI). This means that every year the tax can increase forever without any further vote. What will that mean for the Commonwealth?

Calls for investigations into the Budget for 2015, by examining state aid for local cities and towns, education funding, and welfare reform was compromised. “Therefore a vote for the budget could not be made in good conscience” he stated. Transparency and openness must be a part of the process in voting for the budget. Many cities and towns in the Commonwealth have been put in the position of increasing local taxes, in order to provide services.

Running a state is vast and complicated. Emergencies, support for services and every day routine programs need to be funded. But, careful use of tax dollars is a priority.

Where do the tax dollars raised by the state of Massachusetts go? What programs do they provide? Are the tax dollars used in a prudent manner or are they used for “favorite” projects by state



State Rep. Jim Lyons with Valley Patriot PuppyGirl Kate Whitney.

departments? These questions need to be asked and answered.

Jim and fellow representative, Marc Lombardo of Billerica, introduced a resolution that called for the Department of Children and Families to release Justina Pelletier into the care of her parents. This “egregious overreach” by the DCF has been the topic of discussion in newspapers, radio and television, throughout the country. The publicity from this case has raised questions of the cost of this case and what it has cost the Commonwealth in tax dollars. Some estimates have been as high as \$400,000.

Other expenses that have been charged to the state include in-state tuitions for non-citizens, medical benefits for “gender reassignment” for incarcerated prisoners, among many. All without input from the General Court; just through executive orders of the Governor Deval Patrick.

The support of many citizens of Massachusetts is reflected in the growing numbers of young people who are taking a place in state politics from a fiscally responsible position. Jim Lyons and fellow members of the General Court are encouraged by the enthusiastic and strong support of everyone who looks forward to a state that supports its citizens and preserves their values.

You can email Anne Knowles at quincy1956@yahoo.com

Soul Searching at North Andover High

Christine Morabito
VALLEY PATRIOT REPORTER

When Justin Bilton asked his English class to read the memoir, “All Souls: A Family Story from Southie,” something amazing happened. Even his least enthusiastic readers read the book from cover to cover. In fact, they were so moved that they wrote letters to author Michael Patrick MacDonald. Seeing an outreach opportunity, Michael offered to come to their school and share his wisdom and his message of hope.

Bilton planned a two-day event around the visit, inviting nearby communities and the public to attend. The goal of the project was “to broaden our understanding of and improve our approach to the effects of violence, drug abuse and the resulting trauma.” Events were held at locations in North Andover and Lawrence on Thursday and Friday June 5 and 6.

I attended Friday’s events at North Andover High School. When MacDonald took the floor to share his life story, you could hear a pin drop. He spoke candidly about growing up in Southie (South Boston), an Irish-American, working class neighborhood controlled by mobster James “Whitey” Bulger, where “people didn’t expect to live very long.” He recalled having trouble responding when asked how many people were in his family. That’s because he started with 11 brothers and sisters and ended up with 7. Michael suffered the loss of 4 brothers. David and Kevin committed suicide and Frankie was killed in an armored car heist – all in their 20s. Patrick died when he was only 3 weeks old. His sister Kathleen spent 3 months in a coma after falling from a roof while under the influence of drugs. Michael used to lie just so he would not have to explain.

Although it was rarely talked about, Southie in the 1980s had the highest concentration of poor whites in the country. Seventy five percent of the families were without fathers and 85 percent were on welfare. The author recalled being humiliated when he tried to buy movie popcorn with food stamps.

MacDonald described having a “heavy head” much of the time. That was until he met a therapist who was moved to tears when he revealed his childhood trauma. That encounter was a turning point in



his life. He said that for the first time, he realized this way of life was not normal and he felt worth caring about. In 1990 he “transferred all that pain and trauma into something positive,” by becoming a community organizer. The author left behind the strict code of silence that permeated through Southie and found his voice through writing.

Even after leaving his old neighborhood, he kept being pulled back, mostly to attend wakes and funerals at Jackie O’Brien’s Funeral Parlor. He needed some distance from his community to see it more objectively. What struck him most was that although his was a white neighborhood, it had the same crime, drug and alcohol problems black neighborhoods had. The difference was that nobody was allowed to talk about it.

MacDonald lived through the race riots of the 1970s. When Brown vs. Board of Education made desegregation possible, out of touch bureaucrats decided it would be a great idea to mix the Boston’s poorest whites with the poorest blacks. According to MacDonald, “Bussing re-segregated our community.” The disaster that ensued is now an ugly part of Boston’s history. This was a perfect example, he said, of the need for local control when attempting to solve problems within a community.

MacDonald asked the students if they knew what community organizing was. Surprisingly, not one student raised their hand. He explained that even NAHS is a

NAHS: PAGE: 20

Activities, Announcements North Andover Senior Center

Applications for the North Andover Senior Tax Relief Program are now available for pick-up at the North Andover Senior Center. The application must be filled out completely and have all documentation required. To be considered in the application process you need to be 60 years of age, and provide your most recent property tax bill. Completed W-4 and I-9 Forms, are provided in the packet. Complete application including Parts A and B and provide a government issued ID. Application must be returned to the Senior Center by 1:00 on Friday July 18, 2014, there are no exceptions. If there are more than 35 applicants, selection will be made by lottery on August 8, 2014 at 10:00 a.m. at the North Andover Senior Center.

Volunteers are the backbone of the North Andover Senior Center, we currently need Medical Transport Volunteers. You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for application and assistance.

UPCOMING EVENTS:

STATEHOUSE TRIP: July 23 (free). Newcomers encouraged! Bus departs 9 am.

DAY TRIP TO LARZ CAR MUSEUM: July 18. See America’s Oldest Car Collection. Lunch on your own. Bus departs 10:30 am. \$5.

MONTHLY MYSTERY RIDE: Thursday July 10. Bus departs Senior Center at 9:30 am. Bus and trolley ride \$10. Lunch on your own.

DAY TRIP TO THE FRUITLANDS MUSEUM: Free Fun Friday! Friday July 11. Bus departs Senior Center @ 10:30 am. Lunch on your own @ the Museum Café. Should you decide to walk the trails, wear comfortable shoes, a hat and bug spray.

TUESDAY NIGHT DINNER BUFFETS: The third in a monthly series of dinners being offered at the Senior Center, is July 22 at 4 pm. BrightView North Andover Independent and Assisted Living will be our host with a delicious gourmet dinner. Cost is \$3 and you must sign-up in person with reception, which begins July 8. Limited to 35 North Andover Seniors.

LECTURE SERIES: Every Monday 10-11:30am. Monday July 7, Tom Dreher will speak about WWII; July 14, Reverend Knight “How to be a People Helper”; July 21, NAHS Asst. Principal Chet Jackson;

July 28, TBA.

ONE ON ONE COMPUTER INSTRUCTION: 45 minute sessions for \$7. Tuesdays 9-12 with George Chory, Thursdays 9-12 with Tom Kookan. Make your appointments with reception 978-688-9560.

GADGETS CLASS: Mini series of classes focused on learning how to use electronic gadgets such as iPads, Nooks and Kindles. Starting July 15, this class will focus on E-readers. Express your interest and sign up with reception, 978-688-9560.

NEWS & VIEWS: Every Wednesday at 10-11:30. Come and join in the lively discussion of current events, politics, history and you never know what else.

S.H.I.N.E. Volunteers: (Serving Health Insurance Needs of Elders) Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare; Call center for an appointment. Third Tuesday of the month 12-3 pm during the summer. July 15, Aug 19.

MEET WITH AN ATTORNEY: Att. Ray Cannon Aug 6, 10-11:30. Att. Ramsey Bahrawy July 15, 11:30-1. Schedule with Reception-first consult is free.

SR. CENTER: PAGE: 30



Methuen to Use Shooter Detection Technology in Schools

Tom Duggan
VALLEY PATRIOT PUBLISHER

Methuen Police Chief Joe Solomon appeared on 980WCAP's Paying Attention Radio Program earlier this month to reveal a new safety measure being implemented in the Methuen schools to increase response time and give police a tactical advantage when dealing with school shootings.

Solomon has been the Chief of Police in Methuen since 2002, and has been a police officer for 28 years. He says he is not a politician and doesn't really care about political ramifications when it comes to saving the lives of kids in schools, admitting that privacy advocates may object but it's for the politicians to decide the political questions.

Solomon told the WCAP audience that being prepared for the worst is a lot better than reacting to a situation without the right tools, saying the indoor shooter detection system is one more tool to help them save lives in times of school emergencies.

The system detects a gunshot, immediately alerts police, and allows police to instantly see a map of the building on their phone and in their cars, a schematic of the room or rooms the gun was fired in, and transmitting valuable data in real time to handle one or multiple school shooters.

WHAT IS THE INDOOR SHOOTER DETECTION SYSTEM?

"I think the way we are trying to explain it is, [it's like] a smoke detector for gunshots. We have a smoke detector and carbon monoxide detector, why wouldn't we want a shot detector?" Solomon asked.

"In Methuen we have been saying since the early 90's we want layers of protection," adding "there is no one fix or solution."

Solomon says that the indoor shot detection system can be integrated into alarm or camera systems in any school and has been used by the military for years to detect the location of gunshots on the battlefield. The device was initially developed by the military and was former Secretary of Defense Gates last orders to allow the technology to be publicly available. The system is being marketed and produced by a local company in Rowley Massachusetts called "Shooter Detection Systems." Methuen police have been working with Shooter Detection Systems for about 18 months.

"We are working with two other communities in the area," Solomon said, adding that he was not going to name the communities until they announce it themselves.

"We asked them to join in with us, so, initially it will just be in a pilot program in Methuen. We are working on a grant from the Department of Justice to make it a regional attack on this problem and then we are also working with a public university which, at this point we can't name, who are going to do a research study for us."

TESTING IN THE SCHOOLS

"Indoor detection is new, but this is a tried and true technology. It comes out of the "Boomerang X" which was developed through a defense contractor and has been in use overseas for years by our military. It's a little circular device you wear on your shoulder and when the marines and special forces are out in the field, and a gunshot is fired, from a mile away or 200



feet away ... they can look at it and it gives you the GPS coordinates and gives you a clock point. So, we were able to obtain a couple of those and we gave them to our special operations team and did some testing with them."

"We did multiple tests inside our schools, at night and during the week, and during the day, we tested a variety of different weapons. We tested everything from handguns to assault weapons"

Solomon says that Methuen police tested weapons "as factory made" and guns that were modified with silencers. He says the shooter detection system had 100% success detecting shots in the schools they tested.

"What we liked was that it could detect a muzzle shot from a flash and the sound. This has dual capabilities so you can compare the two, to confirm there's a shot."

Solomon says that the police also tested various every-day sounds to see if it would set off the system as a false positive, but were unable to set off the device with any other object. The Chief worked with the

engineers at Shooter Detection System as they tested the devices, sharing all of the data Methuen Police collected during their tests.

"We used a team of officers, everybody has been through a SWAT 1 and SWAT 2 tactical training class, everyone were marksmen, and every one was part of a special operations team, so that we wouldn't have to worry about stray rounds in the schools. We wanted to cover every single base we had. We didn't want kids to come to school to see holes in the walls."

RESPONSE TIMES IN SCHOOL SHOOTINGS

"The biggest problem police have is: what is the time it takes from something occurring, to being reported? Once it's reported and police arrive at the scene, how much time is it from arrival to the time of contact, because now the person has moved?"

"With the system being automated, as soon as the gunshot is detected it will send an emergency alert out. It will go to all our

SHOOTER DETECTION: 14

Hampstead Academy, An Opportunity For Your Child to Succeed

Tom Duggan
VALLEY PATRIOT PUBLISHER

The Hampstead Academy private grammar school in Hampstead, NH was first opened in 1978 as the Atkinson Learning Center and services kids from pre-K through 8th grade.

The school is dedicated to teaching the "whole child". The school's founder Lyn Kutzelman says that the basic premise of Hampstead Academy is to try and develop curriculum that melds together with everything a child needs to learn.

"We really integrate all the subjects, like math, art and music. All the teachers are in close contact with each other so that they are not in isolated classes that have nothing to do with the next class, with us it all comes together."

Kutzelman says that even with special projects and field trips, students get a whole world approach to learning.

"We did an Oceanography unit through-

out the school for a whole year which touched on everything from the oceans of the world, to the explorers, to traveling up to the Piscataqua

River. We took the kids to show them the tagging of seals on Long Island Sound. They spent time at the University of Connecticut at the Seacoast Learning Center. Learning is not in isolation here. It's hands on. It's interrelated with a number of different subjects, so we incorporate math and science and social studies and art. We took them to the Aisle of Sholes and taught them the history of what went on out there.



They learned about our natural resources and what is happening with the pollution of our waters and what they can do about it."

James Stewart, Chairman of the Board at Hampstead says every learning experience at the school is "an opportunity to advance the mission without losing any of the tradition, values and principles that made this school great. That's what the board is really all about. Anything we consider doing here has to pass the test of, is it going to change the principals and values upon which this school was built?"

"The idea of teaching whole child development is something other schools may say they are teaching, and they may think they are doing it, but the difference is, in this school it isn't just the amalgam of all the different topics brought together in some sort of a cross disciplinary way, we also teach kids how to be good citizens."

"Often times our kids in kindergarten will be with third graders to do a project," Kutzelman added.

"Eighth graders may go back to the preschool and do a reading project, so the kids are helping each other and learning from each other. I truly believe that multiple age classrooms in many cases works much better for students because they can learn by working with other people and the younger kids look up to the older kids so we use that as a teaching tool. That's the way real life is. We learn from others."

Kutleman says they do not teach to tests and she sees no need for children to

HAMPSTEAD: PAGE: 33

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Kathy's Lawrence Notebook

Jobs, Jobs, Jobs

Kathy Runge
VALLEY PATRIOT COLUMNIST

Good news, the Rental Inspection Ordinance was withdrawn at the June 17 Council meeting. Landlords in Lawrence, please obey the laws already in place and get an occupancy permit when tenants change.

Has anyone noticed that some councilors seem to think their most important job is Employment Czar? From the residency requirement to wanting intimate details of the hiring process and contracts for various city positions, the Council is obsessed with the hiring process.

The residency requirement passed as expected (6-3), at the Council meeting of June 17, so if the mayor signs it and the public does nothing we can expect it will become law. Is the residency requirement a good idea? I think it's a nice idea theoretically, but have reservations. For example, the city has been searching for a Treasurer for a couple of years. In that time, two people were hired for the position that didn't work out. Lawrence residents were certainly not excluded from this process. If the residency requirement goes into effect, will the city be forced to hire some minimally qualified resident for this position if we can't find an applicant willing to relocate? Will this requirement help the city hire the best people for jobs? How much needless suffering and litigation have the taxpayers already been through because of the unqualified hires in this city? I'm not singling out any administration, there's enough blame to spread around for all.

Should the voters mount a campaign to bring this issue to the ballot in November? I would sign a petition to do so, but think it would be more effective to try the requirement for a while. The city will remain divided over this issue unless we can see for ourselves if it works.

Other Employment Czar tasks include scrutinizing the number of applicants interviewed for each city position, and grilling candidates as to why they're the best person for the job. Councilor Aquino voted in favor of John Isensee for DPW Director in 2011 when her mentor, William Lantigua, presented him to the Council, but Mr. Isensee must have lost some of his qualifications in three years as she questioned him like a District Attorney cross examining a witness for the

defense this spring. The layoff and recall processes for city employees have been heavily scrutinized. These concerns seem to be an epiphany of sorts for some of the councilors, being entirely nonexistent during the term of the previous mayor. How many resumes were scrutinized before promoting Melix Bonilla to deputy police chief? Where was the desire for the most qualified candidate then? That's just the tip of the iceberg. Here's an idea: Let's post open positions, collect applications, do interviews, and then hire the most qualified candidates. It's worth a try.

Perhaps the most disturbing incident involves the company Asahi/America. This company is relocating its North American headquarters from Malden to Lawrence, in the old Staples Distribution Center on Andover Street. This includes warehousing, manufacturing, and R&D departments. A TIF (Tax Incremental Financing Agreement), which lessens the company's taxes for ten years, was negotiated by the administration. The City Council must approve TIFs. According to the company's web site, "Asahi/America is the leading manufacturer and distributor of thermoplastic fluid flow solutions including valves, actuators and piping systems to industrial, chemical, wastewater treatment and high purity markets." Asahi/America is exactly the kind of company that the City of Lawrence needs, a manufacturer. The TIF includes a provision that requires the company to hire seven Lawrence residents out of approximately twenty five jobs that are expected to be created, which can't be legally enforced but is a suggestion. This vote should have been a no-brainer, but not with our elected officials. Councilor Almonte thought that guaranteeing only seven employees from Lawrence was not quite enough.

We needed to know what kind of jobs will be offered to city residents and when they will be created. She stated that we are "offering" the company the space in our city so they will hire Lawrence residents and went on, "if we the city don't agree with this [TIF] and we say no, guess what, then they can't come to our city." Really? This reminds me of "Merrie Olde England" where you couldn't go on the King's land or shoot the King's deer without the King's permission, not the United States of America. I don't see some councilors being happy until they can award jobs like

KATHY RUNGE: PAGE 13



Lawrence Directors and Managers Complete Leadership Institute

June 12, 2014, Lawrence, MA- On June 11, 2014, the City of Lawrence and Cambridge College (Lawrence Campus Business & Professional Development Center) graduated fourteen (14) Directors and Managers from Mayor Daniel Rivera's Leadership Institute.

The faculty of Cambridge College has the expertise in training and coaching managers and leaders on critical organizational effectiveness skills. Since its inception in 1971, Cambridge College has been a long-recognized leader in providing practiced based professional development.

"I applaud Lawrence campus Director Joseph Miglio, Professor Joel Saren and Personnel Director Frank Bonet for putting together a series of tailored courses

for obtaining valuable and needed skills for our employees," said Mayor Rivera. "These are skills that are prized for our efforts to improve the service and support we give to our customers, the City residents. Our residents deserve the best, and the graduates of this Leadership Institute are now better prepared to make Lawrence better."

Cambridge College Municipal Leadership Institute design eight (8) half day customized and focused workshops to help the Mayor and the City's Department leaders achieve and maintain its preeminent position in serving the residents of Lawrence through effective and efficient management practices.

MARCOS DEVERES & DAN RIVERA



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~ LAWRENCE MAYOR DAN RIVERA

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WITH TOM DUGGAN

Lantigua, Targets DiZoglio, Supports Phil DeCologero in Rep Race

You have to hand it to former Lawrence Mayor Willie Lantigua. Even as a private citizen, he continues to conspire for revenge against his so-called enemies and everyone he believes has ever slighted him, real or imaginary.

Not only has Lantigua been targeting Rep. Marcos Devers for defeat in Lawrence by running against him as an Independent, he also recruited Roger Twomey as a REPUBLICAN to split the split the anti-Lantigua vote, practically ensuring he regains his seat in a three way race come November.

But Lantigua isn't just targeting Devers for daring to help Mayor Dan Rivera defeat him in 2010. He is also targeting State Rep. Diana DiZoglio by throwing his support behind North Andover Democrat Phil DeCologero who, along with Oscar Camargo is challenging DiZoglio in a three way primary.

Lantigua is furious that Rep. Diana DiZoglio (D-Methuen) authored and passed a new law that legislators called "The Lantigua Bill".

WHAT IS THE LANTIGUA BILL?

Prior to DiZoglio writing the "Lantigua Bill", candidates for state office could not have their names appear on the ballot if they fail to file campaign finance reports or pay fines levied against them by the state's Office of Campaign and Political Finance. Candidates for local office, such as mayor or city council, however, could refuse to pay fines or file campaign finance reports and still have their names appear on local ballots. DiZoglio's bill changed that and now, municipal office seekers are held to the same standard as candidates for state office.

Legislators called it the Lantigua Bill because Willie Lantigua ran for mayor in 2010 with multiple campaign finance violations and ran for reelection last year still

refusing to comply with state's campaign finance laws.

LANTIGUA'S REVENGE

In the past few weeks, Lantigua has told supporters and candidates for other offices that he is supporting DeCologero because he wants to make DiZoglio "pay" for publicly humiliating him with her bill, as if that was her only goal. It's obvious that Lantigua doesn't have any respect for campaign laws, and now DiZoglio has made it harder for him to flout those laws.

For his part, Phil DeCologero told The Valley Patriot that he never sought Lantigua's support or endorsement, following up with "I would think Lantigua would not be happy with me since I campaigned for Dan Rivera for Mayor."

What Phil DeCologero did NOT say in that interview is that he would refuse to accept Lantigua's support or public endorsement saying he "cannot control who supports or votes for me, no candidate can."

But, you can't blame Phil for not publicly refusing Lantigua's support. After all, Lantigua's influence is still very strong and his supporters could put Phil over the top come September. Additionally, who wants to piss off the king of dirty politics when they are in a very close race for state rep. themselves?

THE BIG QUESTION

So while it is understandable that DeCologero is passively accepting Lantigua's support, the question remains, why would Lantigua choose to support DeCologero in his quest to unseat DiZoglio?

Moreover, why did Lantigua choose Phil instead of, say, Oscar Camargo, the only Latino in this three way race for the Democrat nomination? You would think with all of Lantigua's boasting about "Latino Pride" and "Latinos sticking

LANTIGUA: PAGE 23

House Passes Law To Require Donor ID For Super PAC Campaign Contributions

Linda Dean Campbell
STATE REPRESENTATIVE

The House of Representatives recently passed legislation that will substantially increase the disclosure of specific donors to Super Political Action Committees (PACs).

This was a direct response to the ever increasing influence that 'dark money' or undisclosed contributions had in the most recent Boston Mayoral race, and the expectation it will have a great impact upon the coming race for Governor.

As the Vice Chair of the Election Law Committee, I knew that the Boston mayoral race was going to highlight the changes allowed under 'Citizens United' passed in 2010 by the U. S. Supreme Court. The non-disclosure law resulted in Super PACs and many labor unions pouring approximately 4 million dollars into Boston's last November Mayoral race.

In this race, a PAC with unidentifiable contributors spent approximately \$480,000.00 on television advertisements immediately before the election promoting Marty Walsh for Mayor. By law, under the Supreme Court Ruling "Citizens United," this was all quite legal.

In January, following the election, it was disclosed that these funds came via the "One Boston" PAC through a New Jersey PAC that that does not file any campaign disclosures in New Jersey. After the election, the American Teacher's Association disclosed that it was the entity that had funded the "One Boston" PAC.

The public wants more disclosure. We all understand and want to protect our rights and the rights of others to contribute

to candidates. However, we also want to know who really is speaking to us, who is giving large sums of money, game changing sums, to sway us to whichever candidate they favor. We simply want to know where labor, corporate and non-profit money is coming from and where it is spent. This legislation is an important step in this direction and will place Massachusetts as the national leader in helping voters to be able to follow the money.

Under this legislation, PACs will have to disclose their funding sources within seven days of each expenditure they make, and every 24 hours during the eight days before a primary and general election.

Also, very importantly, is that PAC television and print ads will have to list the top five persons or entities that contributed the most money to their advertisements.

This legislation will also double the amount that individuals can contribute to individual candidates from \$500 to \$1000.

This contribution threshold has not been raised for over a decade and is well behind that of other states.

The vote received bi-partisan support and passes to the Senate. The legislation must be agreed upon by both branches of the legislature before the current legislative session ends on 31 July.

State Representative Linda Dean Campbell serves on the House Committee on Ways and Means, the Joint Public Safety and Homeland Security Committee and is Vice Chair of the Committee on Election Law. She can be reached at: 617.722.2305/Linda.Campbell@mahouse.gov



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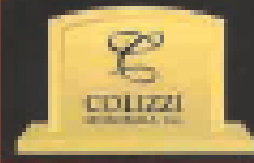
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TOM DUGGAN'S NOTEBOOK

BRITTANY BALDI - Due to space issues, part II of our Interview with Methuen's Brittany Baldi will appear in the August edition of The Valley Patriot.

TRAFFIC APP - Our pal Todd Feinburg has developed a traffic app for your phone so that you can always avoid problem areas when commuting or when bad weather can delay your travel time.
www.J4Traffic.com

SALISBURY - Last month Bankruptcy Judge Joan Feeney stated in a public courtroom for the first time that there was no lien against the Tomaselli sisters or their property on North End Blvd. (MORE NEXT MONTH.).

DECOLOGERO ENDORSEMENTS - Last month candidate for state representative Phil Decolgero was endorsed by Lawrence Mayor Dan Rivera, North Andover Town Moderator Mark DiSalvo, former North Andover School Committee Chairman Christine Allan, former NA School Committeeman Bill Kelley, Lawrence School Committeemen Jim Blatchford and Maria Rentas and several other local dignitaries, making it clear who the Democrat party in Boston wants to be your state representative. Incumbent State Representative Diana DiZoglio and challenger Oscar Camargo have yet to release their list of endorsements.

TIERNEY AND FREE SPEECH

Last month Congressman John Tierney and his campaign workers were being filmed by a republican volunteer in a public hotel during the Democrat convention. When Tierney's minions realized that they were being filmed as Tierney shook hands and had conversations with convention goers, they demanded that the volunteer stop filming and threw him out of the hotel. For a United States Congressman, John Tierney and his minions have a total disrespect for free speech and the 1st Amendment. He also has a real disrespect for the voters. It makes you wonder what he has to hide that he's so afraid of someone catching him on film talking to constituents.

ABORTION CLINIC BUFFER ZONE RULING A WIN FOR FREE SPEECH

The United States Supreme Court unanimously ruled that the 35 foot anti-free speech zone around Massachusetts abortion clinics were unconstitutional. While politicians and the news media immediately decried the ruling as "bad for women" and took to the airwaves misinforming Americans about a so-called "war on women", the facts seem to get lost. This, as all nine justices

agreed (even the liberal Obama appointees) was not about abortion it was about free speech. Of course, that doesn't get votes for politicians who have to pander to the multi-million abortion industry (who bankroll their campaigns) but it is what it is. The constitution protects the right of all Americans to protest on public streets and sidewalks whether in front of an abortion clinic or a gun show. The right of all Americans to express themselves in public is a fundamental right that cannot be infringed upon by government, not even for abortion. Anyone who pushes the propaganda that this was a ruling against women or that this legal case had anything to do with abortion is simply lying to you and does not deserve your vote.

NO SCHOLARSHIP FOR ERIN COX

Remember the North Andover High School volleyball captain who claimed she was being punished by the school for being a "designated driver" when police raided an under-age drinking party last October? Well, when the Valley Patriot put the rest of the news industry to shame by exposing Cox's lie (and the

media's ineptitude) we made what we thought was a very generous offer to the high school teen. 'Come clean and apologize to the town of North Andover for your deception and the harm it caused the town and the Valley Patriot will give you a \$500 scholarship.'

We did this because we believe that no matter what a person does wrong or how far down the wrong road they go, it is never too late to stand up and do the right thing. We honestly believed that Cox would take us up on our offer but last month when The Valley Patriot gave away a scholarship to Victoria DeShaise during "North Andover Scholarship Knight", there was no sign of Erin Cox. Guess she wasn't the "good kid" famed attorney Wendy Murphy made her out to be on CNN and Fox News.

ANDOVER EVENTS (From Anne Knowles)

Memorial Hall Library event calendar for this summer offers activities for everyone. Check into their webpage for information about the many events scheduled at mhl.org.

* A really interesting program on Buying and Selling on eBay will be held on Wednesday July 16, 2014 at 7:00 pm. This will be an introduction to getting started on how to Buy, Sell and use Paypal for eBay transactions. Registration required by online or by phone at 978-623-8401.

* Programs and events from pre-school to seniors give everyone a chance to try a new craft or hobby, learn about using the library to its full capacity, read the latest books etc.

* Memorial Library is truly one of the best, where the staff and Friends of the Library make a visit to the library a real adventure.

*Summer hours for Memorial Library in Andover for the summer have been announced. Beginning Sunday July 13, 2014, the library will be open from 1:00pm until 5:00 pm.

* Andover's Farmer's Market is off to great start. The Market is open Saturdays from 10:00am until 2:00pm, excluding July 5, 2014. Check out the andover-historical.org/market website for information on the market. Several of the vendors have a website that can be accessed through this webpage. Site for the market is the Andover historical Society at 97 Main St., Andover Center.

NEVINS - Join Nevins Family of Services for their Passion for Fashion Show to benefit the Nevins Alzheimer's Program. The event will take place on Thursday, September 18th, 2014 at 6:00 p.m. at Diburro's in Ward Hill. Tickets are \$50.00 per person. This event was sold out last year- so please purchase your tickets early.

LAWRENCE CATHOLIC ACADEMY GRADUATES 48 STUDENTS

Lawrence Catholic Academy is pleased to announce the graduation of 48 students on Friday, June 13, 2014 at a commencement held at Saint Patrick's Church in Lawrence, MA. It was a special day for graduates and their proud parents, guardians, grandparents, faculty and staff. The ceremony was a celebration for everyone to recognize our young people – their achievements, their perseverance and their successes as they grow up. It was a day when everyone took the time to reflect, feel proud as a parent or a mentor and know that the kids they care about are going to be just fine and they're on the right path.

Congratulations to: Juan Alfonso, Jesslyn J. Almonte, Elianne Marie Asmar, Samantha Barbara Augusta, Alexis Jordan Branco, Julien Brito, Megan Ann Bufagna, Romulo Cabrera Pino, Alex Capellan, Charles Micheal Carberry, Daniel Elias Carrero, Shannel Alexandra Castillo, Marissa Rose Cavanaugh, Yankuel Ceballos, Sarah Anne Cowley, Ediana Cruz, Sage Arion Del Rios, David Matthew Ellard, Christine M. Gonzalez, Sydney Rose Goodwin, Jacob Green, John Hoang, Jarielys M. Javier, Mia P. Joseph, Andy Kalala, Aidan Timothy Kinsella, Makayla Joy Larochele, Marianna G. Lazo, Samantha Le, Luis Daniel Luna, Angela Lauren Messina, Alexandra Susan Mulvey, Celia Mary Murphy, Iliana Sophia Olivo, Andres Ospina, Tomas Jeremiah Pastor, Johvanni Julian Perez, Samir Gabriel Pérez, Chloë E. Richardson, Mari Rodriguez, Simon E. Rodriguez, Emily A. Rosa, Zyl Pierre Silva, Skarling Silvestre, Giselle Andrea Tapanes, Naydene Vargas, Luz Melitza Vazquez, Tatiana Velez.

THE LAWRENCE CHESS CLUB - will meet on Wednesday, Sept. 17th from 6-8pm at the Lawrence Public Library, corner of Haverhill & Lawrence streets. This is always a FREE event, held the third Wednesday each month during the school year.

Please bring a friend and a chess set. ALL ages and abilities welcome. Play, learn and help teach. We can teach anyone to play in about 20 minutes, but it requires a lifetime to master. English is not required.

OFFICE HOURS for SENATOR IVES Haverhill - Senator Kathleen O'Connor Ives will be hosting office hours at the Haverhill Public Library on Friday, July 18th between 1PM and 2PM. Office hours will be held in the Milhendler Room. Appointments are not required.

TOP OF NEXT PAGE



Linda Dean Campbell State Representative

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Methuen - Senator Ives will be hosting office hours at the Nevins Memorial Library, Trustee's Room in Methuen on Friday, July 18th between 3PM and 4PM. Appointments are not required. For any questions, please contact her office at (617) 722-1604 or by emailing Christopher.Power@masenate.gov.

ALEX VISPOLI ON LEGISLATORS' GAS REIMBURSEMENT

Andover Selectman and candidate for the State Senate, Alex Vispoli called for an end to legislative per diems that pay for legislators commuting expenses.

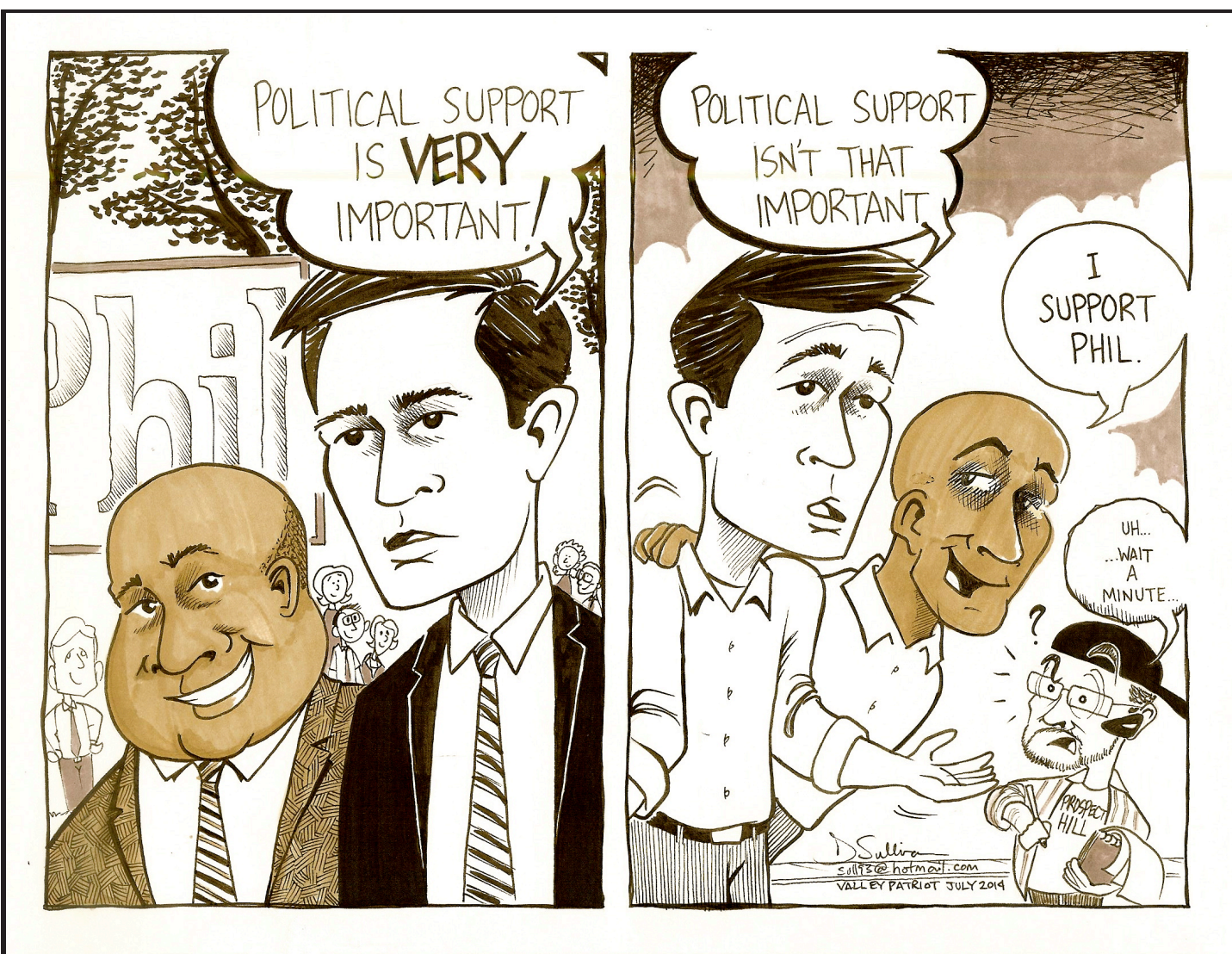
"It is time to end this special perk of legislators," said Vispoli. "I find it incredulous that the Senate would vote to link the gas tax to inflation while they get this special perk which means they don't feel the pain at the pump like the rest of us. Senators should have to pay to drive to work like everyone in Andover, Dracut, Lawrence and Tewksbury do."

Senators can claim a per diem for every day they go to the State House. The amounts vary from district depending on the distance representatives have to drive to the State House. It ranges from \$10 per day to \$90. Last year Senator Stan Rosenberg claimed the most in per diems. He accepted \$12,840.

Vispoli says he plans on filing legislation to end this perk for legislators. Vispoli is also opposed to raising the gas tax annually. He has been part of the effort to repeal the gas tax being linked to inflation. Vispoli has signed a pledge to abolish per diems and not to take per diems when elected.

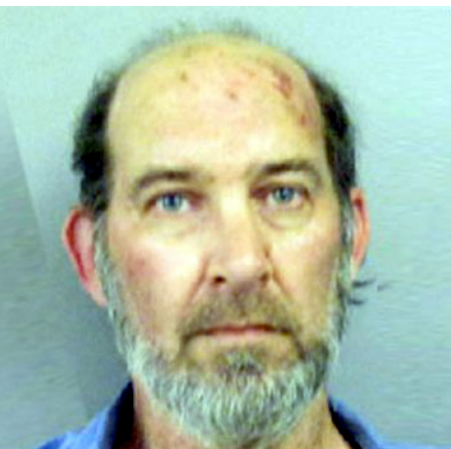
WESTFORD - Middlesex Conservation District will be holding its annual Fall Bulb and Perennial Sale on 9/19 (3-6pm) and 9/20 (8am-noon) at the 4H Fairgrounds, 51 South Chelmsford Rd, Westford MA. The sale features tulips, daffodils, iris, unusual bulbs, and perennials; we encourage customers to order in advance through 9/1. All sale information can be found at <http://www.middlesexconservation.org/>; proceeds benefit our conservation programs protecting soils and waters in Middlesex County.

FOREST STREET UNION CHURCH TO HOLD BACK PORCH THEOLOGY 270 Beacon Street Lowell, MA 10850. Time: 7PM. Tuesday July 15th at Martha and Peter Kaselis' house. Topic for discussion this summer will be Friedman's Fables written by Edwin Friedman. We will read and discuss one of these mischievous tales that capture the outrageous, fantastic, and paradoxical side of the human dilemma.



State Rep candidate Phil DeCologero was recently endorsed by Lawrence Mayor Dan Rivera, but when The Valley Patriot posted on line that he was also being supported by Willie Lantigua some of his supporters took exception to our posting saying it was "Not Relevant".

Three Suspects in Custody After Wild Chase Leads to Stolen Cruiser



What you miss if you don't visit our breaking news website, www.valleypatriot.com

LAWRENCE - Salem NH police lead a chase through the streets of Lawrence early Saturday morning after a Salem Officer was assaulted on a routine traffic stop.

The driver, with at least two other occupants fled the scene and led police on a chase that landed them on Essex Street in Lawrence at the height of the club activity down town.

The officer who had been assaulted during the stop (Officer Adam Pearson), shot the drive with a taser but the driver pulled out the taser wires and fled. Pearson lead the chase down Essex Street, as the driver of the fleeing car sped through red lights, weaved in and out of nightclub traffic, barely missing one pedestrian, and crashing into a concrete median strip in front of MacDonald's on Essex Street.

There were no civilian injuries during the Essex St. portion of the chase. We have no information if anyone was hurt prior.

The Valley Patriot followed the chase as Officer Pearson followed the suspects to the top of Tower Hill where steel from the blown out tire and skid marks could be seen in the middle of the road. (see photo)

The Valley Patriot caught up to the car



stopped on Essex St. just past the intersection of Essex and Nesmith.

The driver of the car had exited the vehicle, assaulted the officer, threatened his life and then jumped into the Salem police cruiser, speeding off towards Water Street.

Officer Pearson drew his gun on the two suspects in the vehicle and called for backup but within seconds a Lawrence police car arrived and the two remaining suspects were arrested. They were held in Lawrence for a brief time and transported back to Salem NH to be booked and processed.

State, Salem, Lawrence and Essex County Sheriff K-9 units scoured the Water St. area and found the cruiser on Merrimack Terrace. Police tried to locate all of the weapons in the vehicle at one time a partial radio transmission was

heard calling for an accounting of an automatic weapons and that the suspect had threatened "to kill the first cop I see". One officer was heard on the radio saying that the suspect had fled near the woods by the Merrimack River.

Police apprehended the suspect about an hour later. He was identified as Pennsylvania resident Robert Zygarowski. Zygarowski was arraigned the following Monday. A Rockingham County judge ordered Zygarowski held on \$500,000 cash bail or surety.

Zygarowski was charged with two counts of simple assault, two counts of criminal restraint, two counts of resisting arrest, reckless conduct, reckless driving and disobeying a police officer.

A probable cause hearing was held on July 2nd.



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Obama Sends 7 Planes of Illegal Aliens to Hanscom

National Guard was Notified but Patrick Denies Knowledge



Xtra Airways plane filled with illegal aliens lands at Hanscom Airforce Base to secretly disburse them into the population through the state’s Department of Children and Families.

According to Massachusetts Secretary of Public Safety, Andrea Cabral, at least seven flights filled with illegal aliens landed in Massachusetts. The planes transported illegals from the Mexican border to the Bay State prior to April 18, 2014.

A letter from Cabral to Massachusetts House Minority Leader, Brad Jones, admits five flights landed at Hanscom Air Force Base, two were diverted to Logan.

“These flights were routine transports of detainees either to detention facilities in Massachusetts or outward bound for deportation,” Cabral wrote to Representative Jones on June 19.

Despite Massachusetts Governor Deval Patrick denying he had any knowledge of the illegals being shipped to Massachusetts, Cabral’s letter points out that the State Police and the National Guard were notified prior to their arrival.

“The State Police provides 24/7 security at all state-owned airports in the Commonwealth, and as such, was aware of and present for all seven flights. The National Guard was also aware of the flights landing at Hanscom AFB. Assisting a federal law enforcement agency with such temporary transportation stops is routine

and there were no extraordinary costs incurred.”

Despite Valley Patriot sources at DCF who say that the minor children transported into Massachusetts are being filtered through the DCF foster care system, Cabral’s letter disputes that.

“No Detainees were released in Massachusetts, and we are aware of no ICE policy or practice that would permit that. Further,” Cabral’s letter continues, “no unaccompanied minors were included on the transports.”

This is also in direct contradiction to Valley Patriot sources who say that unaccompanied minors were indeed part of the transport, and some have already been reunited with family members in Massachusetts.

“ICE detainees were conveyed either to outbound flights for deportation or to state and county correctional cells to await deportation,” Cabral said in her letter.

“None of the detainees is (SIC) using any of the Commonwealth’s safety net services.”

A spokesman for Hanscom says that no illegals are being housed on the base.

FROM 7: KATHY RUNGE

the politicians on Beacon Hill. Note to the talented and educated residents of Lawrence: RUN FOR CITY COUNCIL.

Councilor Aquino implied that although the hiring requirement had no teeth, if the company received the TIF and complied with the hiring requirements, she would be inclined to support them if they ask for future favors. Councilor Aquino negotiating with a company regarding taxes is ironic since a municipal lien certificate is on file at the Registry of Deeds showing that before Councilor Aquino’s residence at 332 Broadway got sold at auction in March, the unpaid city taxes on it totaled over \$8K. I know that anyone can get into financial trouble and don’t hold that against her, although interestingly enough,

she could afford to get her expired liquor license “belatedly renewed” just before the foreclosure auction.

The TIF did get approved, with Councilor Almonte as the only dissenting vote. Please note that the official minutes of the Lawrence City Council for May 20 states that Councilor Twomey was the only dissenting vote, but a review of the video shows otherwise. I would like to thank Asahi/America for relocating to Lawrence and wish them every success. I’ll leave you with some questions: Do you think any councilors have already sent the names of their friends and family as suggested hires to Asahi/America? Who needs a Personnel Department when you have politicians?



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Andrea Cabral
Secretary

June 19, 2014

Representative Bradley H. Jones, Jr.
House Minority Leader
MA House of Representatives
State House, Room 124
Boston, MA 02133

Dear Leader Jones:

Thank you for your recent inquiry to the Governor into the Immigration and Customs Enforcement (ICE) transport stops in Massachusetts.

Since April 18, 2014, when the transports began, there have been seven ICE chartered flights to the Commonwealth. Five flights landed at Hanscom Air Force Base, and two were recently diverted to Logan International Airport due to an emergency at Hanscom AFB. These flights were routine transports of detainees either to detention facilities in Massachusetts or outward bound for deportation.

The State Police provides 24/7 security at all state-owned airports in the Commonwealth and, as such, was aware of and present for all seven flights. The National Guard was also aware of the flights landing at Hanscom AFB. Assisting a federal law enforcement agency with such temporary transportation stops is routine and there were no extraordinary costs incurred.

No detainees were released in Massachusetts, and we are aware of no ICE policy or practice that would permit that. Further, no unaccompanied minors were included on the transports. ICE detainees were conveyed either to outbound flights for deportation or to state and county correctional cells to await deportation. ICE pays a per diem to the custodial agency for that service. The Commonwealth incurs no extraordinary costs.

In short, the Commonwealth’s involvement in these transports is limited to providing routine security at the airport and routine custody, for a fee, for those detainees housed temporarily in state or county facilities. None of the detainees is using any of the Commonwealth’s safety net services.

If you or the Members of your Caucus require further information about these transportation flights or the process by which ICE facilitates detainee deportation, I would urge you to contact the ICE New England Region Public Affairs Office at 617-565-5400.

Sincerely,

Andrea J. Cabral
Secretary

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~ Tom Duggan



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Mayor Rivera, Treasurer Grossman, Senators and Reps. Endorse Marcos Devers for Reelection

Tom Duggan

VALLEY PATRIOT PUBLISHER

Lawrence State Representative Marcos Devers, a Democrat, held his official reelection kickoff Thursday night at Salvatore's Restaurant at Sal's Riverwalk with a cast of who's who in attendance supporting the two term representative.

Candidate for governor Steve Grossman was on hand to support Devers as was Andover State Senator Barry Finegold who is running for State Treasurer, House Majority Leader Rep. Ron Mariano of Quincy, State Representative Diana DiZoglio of Methuen, Rep. Linda Dean Campbell of Methuen, Rep. Mike Moran of Brighton, Lawrence City Council President Modesto Maldonado and Councilor Kendrys Vasquez, Doris Rodriguez, candidate for state senate, Jim Blatchford, Vice Chairman of the Lawrence School Committee, and Wayne Hayes, president of the Mount Vernon Neighborhood as well as a dozen or more elected officials and candidates for office.

Devers faces two opponents on the November ballot, former Lawrence Mayor Willie Lantigua is running as an Independent and his ally Roger Twomey is running to divide the anti-Lantigua votes as a Republican.

A BITTER RIVALRY

Devers was elected in 2010 when Lantigua was forced to resign after being elected mayor. Members of the legislature were furious that Lantigua was holding two public jobs and threatened to kill a \$35M bailout loan for the City of Lawrence saying Lantigua was "double dipping".



Lawrence Mayor Dan Rivera, School Committeeman Maria Rentas, State Treasurer Steve Grossman and State Rep. Marcos Devers pose for photos at Salvatore's Restaurant in Lawrence during Devers' kickoff for reelection.

After losing his reelection for mayor to Dan Rivera by 81 votes, Lantigua told The Valley Patriot back in November, "You can tell your friend Marcos I'm coming after him, and if I have to put someone else in the race to beat him, I'm going to." Lantigua also said when he reclaimed his legislative seat he was going after Mayor Dan Rivera next.

Devers endorsed Rivera over Lantigua last year in the mayor's race, something Rivera says he will not forget.

Lawrence Mayor Dan Rivera endorses State Rep. Marcos Devers (D) Lawrence.

RETURNING THE FAVOR

"When I was running for mayor we really did do something spectacular," Rivera told the crowd from the microphone. "If it wasn't for a lot of the people who support Marcos, I would not be

mayor today," he said to the applause of the crowd.

"Marcos is my State Representative at 12 Jefferson Street, and we are very proud of him and the work that he does for our city. More importantly, when I was running for mayor he made a really big decision to support me [against Lantigua] and for me that was an honor."

"At the end we came together, and Marcos and the others who we fought together, I am so, so grateful."

"So when somebody said 'oh Marcos is going to have a race' I thought well, people have races all the time, and then I was told somebody specific is going to run against Marcos (Lantigua) I said 'Oh my God', Mayor Rivera said taking great pains not to mention Lantigua's name.

"But then I said, OK, now we are go-

ing to do exactly what we did before, we are going to work hard, we're going to come together and we are going to show people that the good people of Lawrence want good representation at the State House. They want honest representation at the State House. They want somebody who works hard, and looks like us, and talks like us, and has our experiences and that's Marcos Devers."

"I'm glad you all helped me become mayor, I'm very thankful, I'll never forget all your faces. The time we spent in the rain, the cold, knocking on doors, making phone calls, that made the difference. All of you made the difference. I think we have to do the same thing now. We have to work hard. We only won because we worked harder. We worked more positively. We've got to make sure we do that again for Marcos, he definitely deserves it. But, not so much because he deserves it, this thing about candidates isn't so much about us the candidates it's about you. He deserves to be put back [in the legislature] because we deserve the quality of the guy Marcos Devers is. Let's go Marcos!"

SUPPORT IN THE HOUSE

House Majority leader Rep. Ron Mariano (D) Quincy also spoke on Devers' behalf.

"As I look out I see an array of house members who are here to support Marcos," Mariano said.

"We are here because Marcos is our friend, because we believe what Marcos stands for and what he does for his com-

DEVERS: PAGE 35

INDOOR SHOOTER DETECTION SYSTEM: FROM PAGE 6

cruisers and our laptops. It will come in as text messages or apps on our phones, it takes the human error out."

"In situations like this it turns out not to be seconds, it turns out to be longer because someone has to run for cover, they have to get somewhere safe, they are shaking, they have to get their phone out and, what we found out is, when they call they are either whispering or they are hysterical and it takes a while to calm them down."

"If you could save 30 seconds to a minute... some of the first calls that come in during a shooting scene in schools have been three minutes. Think about the amount of devastation you could reduce. The second part is, we have the opportunity to have a microphone turned on, and a camera in each system. So now you can listen to what's going on in the schools, you can hear where the shots are, and if more shots are fired it gives you the locations in the school because each one of them is going to have a GPS locator."

EYES AND EARS IN THE SCHOOLS

Chief Solomon says that the indoor shooter detection system will allow police to talk directly to a shooter through the system. He says that those camera and microphone features are optional depending on type of facility the system is used in.

The Methuen Chief says the most important advantage he has seen with the system is that, when his officers arrive at the scene they know exactly which room the suspect is in within the building, giving them a tactical advantage to save

children's lives. He also said that the technology exists to take the shooter detection system and use it outdoors for example, in high crime neighborhoods. This would immediately detect when a gun has been used.

"The advantage of being a cop and not a politician is that I don't have to worry about political views. It may harm me [publicly] because some people may be upset over it, but I have a job, and my job is to worry about law enforcement. You might not agree politically, you might think it's a bad political statement particularly even talking about security. But, we do what we need to do by looking at technologies like this and trying to work together as a team to say "what can we envision happening in two or three years, because this is a long term project."

LOCAL COMPANY DRIVES CUTTING EDGE TECHNOLOGY

Chris Connors, founder and head of Shooter Detection Systems in Rowley called into the show to discuss school shootings and how his product can save lives. He says the system is easy to install but stopped short of saying how much it would cost for a municipality to purchase, as technology is still so new for urban use.

"What we did was, we took the military capability and put it in a benign looking box that would look the same as a switch or an outlet you may have, so it fits into a standard electrical box. You screw it in and have it up and running in a couple of seconds."

"What's been developed in the last 10 to 15 years by the department of Defense ... is basically to write the best algorithm software that can understand, listen for the sound of a gun shot, and pick that out from other noises, which is the key. You can't have false alerts especially in schools."

Connors says that even with silencers "there is some energy that comes out of the weapon, so we combine both listening and looking, and then immediately let everyone know that a shot has occurred in that area."

"When you look at Sandy Hook where was six minutes, almost, for someone to call the police and the last death that happened was ten minutes after it started. If you can do the simple math and just save those six minutes, I think children's lives would have been saved."

Connors says that they are installing the system in a major airport this summer "it's going to be a temporary install" and his hope is to bring the product to market and make it commercially available for private use. Connors says that all the devices are made in the United States.

METHUEN HAS POLICE IN EVERY SCHOOL

"We are very lucky in Methuen we have a police officer in every single school. Not only do we have an officer in every single school but we have a sergeant assigned to supervise the school officers and visit every school."

Tom Duggan posed a question to Chief Solomon: "The media tells us putting cops in schools doesn't work, but you have proof that it does work, don't you?"

"Oh we absolutely do," Solomon relied.

"This [cops in schools] is not about trying to just stop a shooter or reduce the outcome of a shooting, it's about build-

ing relationships and behavioral analysis. When an officer is working in a school, he develops a relationship with the students."

Solomon says that officers get to know the students and faculty in each school and it is easier to detect who the trouble students are. He also said that by having officers in the schools, they can be the front line if a problem occurs because the relationship they develop within the school gives them first-hand information about who or what they may be dealing with in a crisis.

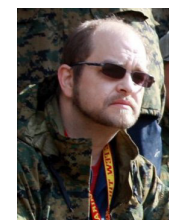
"It's not about just walking around a school with a gun, it's about being the whole package, being a teacher, get in the classrooms and teach [safety]. I believe it is about situational awareness and behavioral analysis," he said.

"It's truly important to have an officer in every single school."

Solomon says that next school year, Methuen will have five full time school officers and one full time sergeant. "I know we are the first in Massachusetts; and I would bet we are one of, if not the first in the county, to have a police officer in every single school."

www.shooterdetectionsystems.com

NEXT MONTH: PART II of our interview with Chief Solomon. The militarization of the Police, NEMLEC and illegal aliens.



Tom Duggan is the publisher of The Valley Patriot, a former Lawrence School Committeeman, and hosts the Paying Attention! Radio Program on WCAP, 980AM, every Saturday from 10am-noon. You can email your comments to valleypatriot@aol.com.



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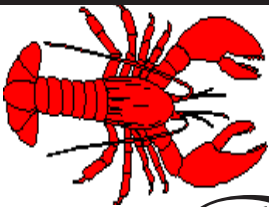
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Coming Out is Never Easy

D. B. Langevin

LESBIAN COLUMNIST

VALLEY PATRIOT PRESIDENT'S AWARD

When you fall love at the same time that your mother is dying, do you focus on love's beginning or life's end? In 1994 my heart was ripped in half by the two most important women in my life. Nothing, in my previous twenty-nine years, would have prepared me to balance what would prove to be the best and worst of times. Coming out is never easy, but it's a great deal harder when the one person you were counting on to help you with its process is diagnosed with terminal cancer and has months to live. That's where I found myself twenty years ago.

When my marriage dissolved, I moved in with my parents. We were all masters at keeping secrets from each other. I could see my mother wasting away, but in no way understood completely the hell that they went through every night when we each closed our bedroom doors. They sensed my loneliness and frustration, but likened it to a woman trying to come to terms with the end of her marriage and an uncertain future. They had no idea, at that point, that I was also wrestling with coming out. The wall between our bedrooms became symbolic of the wall we placed between us. It protected them from my truth and I from theirs.

I perseverated between coming out to my mother or not. I needed her to know before she died. Knowing that my mother knew me completely, loved me and accepted me as I am would give me the strength and confidence to push forward. I was naturally concerned for her present condition. She was sick and weak and I wasn't sure how she would handle the news. I prayed that I would make the right choice. Every time I thought it was a the right time, a family member would make a disparaging remark against homosexuals or some other aspect in my life would throw me a curve ball and my resolve would falter. It was an incredibly lonely and frightening time in my life.

I came out to my best friend, a wonderfully supportive and loving woman who saved my life that year. I joined a Methodist church that had just made a public statement about becoming open and affirming to the gay community. I attended gay, lesbian, bisexual, and transgendered support groups and social groups and began to create and extend my circle of friends. I was accepted and supported by these amazing strangers and yet still balked at coming out to me family for fear of rejection.

Every day I prayed for strength, guidance and hope. I was exhausted from praying. Some moments were more difficult than others. There were times that

I could see no end to my misery. Other times I would find hope and promise in my future. Every day I felt like I ate a bowl of anxiety. My belly was full of it as I watched my mother starve to death.

One day, out of the blue, I just blurted it out to my mother because I couldn't hold it in any more which is something most, if not all, gay people will tell you. For those of us who did come out and didn't live our lives as openly gay from the start, there comes a time that you can't ignore it any more and you can't hold it in. It becomes impossible like not letting the air escape your lungs while trying to hold it in.

When I told my mother I was a lesbian I apologized. Her exact words were, "I love you, Dani. I will support you no matter what you do. And don't ever apologize for who you are. I just want you to be happy." This is how every person who loves someone should be. I was elated and rejuvenated. I was feeling better in so many ways as a result of coming out to my mother. I felt stronger. I felt the tension I had been feeling for months begin to ease in my bones.

Shortly after telling my mother, I fell in love. This would prove to be as terrible as it was wonderful. When you fall in love you want to share it with the world, but I couldn't because I was only out to a couple of friends and my mother. How would my family react? Would they be angry? Would they think me selfish to do this at a time when our mother was dying? My mother was happy for me. I hoped that they would see this and be happy, too. My mother promised to help me with the family, but how long would she be around? How much strength did she have? I certainly didn't want her using it for me. She needed all she could muster for herself.

Before my mother passed, just eight short months after her diagnosis, I did come out to every one in my family. I didn't realize until years later that it was a coming out for them, too. They had readjust to seeing their little sister build a relationship with another woman. But, like my mother, they love me and want me to be happy. It was the most wonderful and terrible of years for me. To gain and lose so much at the same time split my heart in two.

Thankfully, I have a truly loving and supportive family. Isn't that what everyone should have?



Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at DaniBLangevin@aol.com

Beneath The Surface

Supreme Court Hobby Lobby Verdict is Good for Four Reasons

Paul Murano

VALLEY PATRIOT EDITOR'S CHOICE AWARD

Although the Hobby Lobby Supreme Court decision covers the rights of certain kinds of corporations, it has many potential ramifications. This decision is good for four reasons:

1) Contraception is not health care. Its intent is not to heal or promote human life, but to thwart it from being passed on. It does not facilitate proper female physiological function, but rather suppresses it.

2) Contraception is the opposite of health care: Contraceptive pills are not only listed as a class one carcinogen but its hormones do havoc to a woman's body ecology, causing many deleterious consequences to health, fertility, and mate selection.

(See http://bodyecology.com/articles/dangers_birth_control_pill.php#.U7d4b-vldWn8)

3) It can cause early abortion. Many so-called "contraceptives" actually cause early abortion as a back-up mechanism. These include Plan B, Ella, the intrauterine device, and the common birth control pill, by "making the lining of the womb inhospitable for implantation" (webMD). The tiny human that begins at conception in his or her mother's fallopian tube ends up flushing out of her body.

(See also <http://onemoresoul.com/contraception-abortion/risks-consequences/the-harms-of-contraception.html>)

4) It's a matter of religious liberty. For one, the Catholic Church teaches that contraception is an intrinsic evil because it separates the double-meaning of marital love, which is unitive and procreative, and its use is the matter of mortal sin. This means Catholics cannot cooperate in anyone's use of contraception without being in grave danger of losing their salvation; and providing employees contraception coverage is cooperation with evil.

Let's take a quick look at each of these four points.

First, contraception is not health care. No "can of worms" is opened because unlike religious liberty arguments against legitimate health care services such as blood transfusions or certain vaccines, contraception does not promote health and proper function. In fact, its primary purpose is temporarily to shut down a woman's reproductive physiology and manipulate her system by hormones to act contrary to her nature. Its goal is literally to transform healthy function to dysfunction.

(See <http://www.crisismagazine.com/2014/truth-pill-revisiting-evidence>)

Second, contraception is the opposite

of health care. Putting aside the grave consequences that contraception has had on the denigration of marriage, the breakdown of the family, neighborhood and community, as well as the very dangerous de-population implosion of the western world (see youtube.com/watch?v=IZeyYIsGdAA on this), contraception does havoc on the body ecology of women, filling them with unnatural hormones that do serious damage.

Third, it is common knowledge that Plan B -- sometimes called the morning after pill or emergency contraception -- as well as intrauterine devices (the IUD) have back-up mechanisms that abort small children. Webmd.com in its more politically safe language states it this way, "(It) prevents implantation of a fertilized egg in the uterus by altering its lining." What is not common knowledge is that the birth control pill does the same thing, by "...making the lining of the womb inhospitable for implantation." All of these "contraceptives" have back-up mechanisms that in effect kill tiny human beings; and countless women who have taken the pill may have unwittingly had multiple abortions without ever knowing it. People need to be aware of this.

Fourth, religious liberty is a human right that the Constitution recognizes. No person should be forced by government to violate their conscience. If a potential employee does not like what a company covers they can apply elsewhere, just as if a Jewish restaurant does not serve pork a potential customer may eat elsewhere.

Most people who applauded this court decision did so on religious liberty grounds. They focused on some combination of #'s 3 & 4 above. Personally, I think #'s 1 & 2 above offer a stronger argument in a pluralistic society. Contraception violates natural law by doing havoc to a woman's health, polluting her system with hormones and suppressing her femininity. It cannot, therefore, be reasonably considered health care. Although religious liberty is important, it is a moot point here since contraception is not health care and should not be covered by anyone.



Paul Murano teaches philosophy and theology at Middlesex Community College, North Shore Community College, and Magdalen College. He is host of Beneath the Surface radio on WCAP (www.facebook.com/fellowtruthseekers), hosts a local TV show, and is co-host of Paying Attention! radio show.

Paul is also founder and chairman of Heartbeat Pregnancy Help in Burlington and is a singer/songwriter/musician.

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Against Bullying? Start with Walmart

Christine Morabito
VALLEY PATRIOT COLUMNIST

After years of harassment by special interest groups, Walmart is fighting back. As with most bullies, the claims they make have less to do with reality than with bolstering the tormentor’s self-esteem.

This was evident in Timothy Egan’s New York Times op-ed, June 19, 2014, entitled “The Corporate Daddy,” where Egan accused the company of paying “humiliating wages.” He claimed, “Working at Walmart may not make you poor, but it certainly keeps you poor. ...”

Responding to the NYT hit piece, Walmart’s David Tovar, Director of Corporate Communications, reposted Egan’s article, complete with snarky, red-inked edits in the margins. He began, “Thanks for sharing your first draft.” Tovar proceeded to dispute claim after baseless claim. It reminded me of the triumphant scene in “Napoleon Dynamite,” where the relentlessly mistreated protagonist earns a standing ovation for his dance moves.

With 2.2 million employees worldwide, Walmart is also the largest U.S. employer. The average full-time associate earns around \$12 an hour, well above minimum wage. In 2013, the corporation was praised by First Lady Michelle Obama for announcing plans to hire 100,000 veterans. Last year they donated more than \$1 billion to charity globally. They also offer education assistance and help associates who have been affected by catastrophic life events such as fire, divorce, death, etc. In the wake of Hurricane Sandy, the retailer sent truckloads of goods to help victims. Yet, their reputation is under constant attack.

The Washington Examiner reported that Walmart’s health insurance is not

only more affordable than Obamacare, but it also offers better coverage, minus the income, age or gender restrictions. The retailer revolutionized the pharmacy industry by offering inexpensive prescription drugs with little to no co-pays for their employees. Still, nothing satisfies the bullies, intent on pushing Walmart down and taking their lunch money.

Walmart is known for their entry level positions. But starting wages are rarely static. According to their website, “About 75% of our store management teams started as hourly associates, and they earn between \$50,000 and \$170,000 a year ... Last year, Walmart promoted about 170,000 people to jobs with more responsibility and higher pay.” This is a key point lost on the Walmart bashers -- as people gain knowledge and experience they climb the economic ladder.

It is clear the Walmart smear campaign is a pastime mostly enjoyed by far left activists, unions, angered by the super-store’s refusal to unionize, and the politicians beholden to such groups. To protest the opening of Walmart stores in cities, like Brooklyn, New York and Boston, is to deprive consumers of a wide variety of quality goods at low prices. A 2011 NYT poll showed 62 percent of New Yorkers wanted a store in their neighborhood. In her blog, “Ghetto Economics & the Politics of Poverty,” Stephanie Davis writes: “In essence, Boston’s political class has turned its city limits into a type of food desert or island in which the cost of goods is higher because of limited supply or lack of competition.”

Today’s trend is to be obsessed with the gap between the highest paid worker and the lowest. Of course there’s an income gap! But, we must also take into account the gap in initiative, experience and in



some cases, education (all of which can be rectified). These things being equal, we could legitimately criticize the income disparity. If career politicians and intellectual elites had even a smidgen of experience in the private sector, they might understand how this works. Until then, they shouldn’t be allowed anywhere near economic policy.

Call me old-fashioned, but I miss the days when we valued hard work and success in this country. Young people today are encouraged to vilify those who have more. It seems to me a childish and self-ish way to view the world.

In my youth, I had many low paying jobs. When I got tired of being broke, I applied for student loans, studied hard and became a nurse. If I wanted more money, I could go back to school and become a nurse manager or even a sur-

geon. Here’s the thing: I don’t want to. I’d rather not put forth the effort or incur the associated expense. Do I resent doctors because they make more than me? Not at all. Do I march in the streets and demand the same salary as a physician? That would be absurd.

Instead of browbeating Walmart and coveting thy neighbor’s paycheck, maybe we should be inspiring people to educate and market themselves so they have skills employers need. I learned early in life that no one is going to pay me to sit around looking pretty.



Christine Morabito is a resident of Haverhill and former President of the Greater Boston Tea Party. You can email her at christine.morabito@hotmail.com

State Senator O’Connor Ives Advocates for Key Priorities in State Budget

The Massachusetts State Senate debated the Fiscal Year 2015 state budget last month where I advocated for key provisions that will be beneficial to the constituents of my district. Below are some of the notable district specific priorities that were included in the final budget:

- \$300,000 for the Methuen Stadium
- This funding is vital to the City of Methuen to continue the momentum in providing a safe and modern environment for the residents of Methuen and visitors that utilize the stadium and will be used to apply toward renovating the athletic field area.
- \$175,000 for the Early College Program offered to Amesbury and Haverhill High School Students through Northern Essex Community College.

The Early College program is an opportunity for high school students to take college level courses and earn college credit while still in high school. This program helps prepare students for college, and also saves students money and time. To date, Haverhill and Amesbury have participated in the Early College program. Amesbury’s most recent school budget cut the city’s Early College program. This money will restore the initiative so students can continue to take advantage of this educational opportunity.

- \$90,000 for the C-10 Research & Education Foundation of Newburyport for the purposes of providing radiological monitoring of Seabrook Nuclear Power Plant.

The C-10 Research and Education Foundation (C-10) was established in 1991 to address the health and safety

issues related to the Seabrook Station nuclear power plant. C-10 evolved from citizens within the 10 mile radius, a 5,000 member organization founded in 1986 to challenge evacuation plans for the Seabrook Station reactor. C-10 is the only citizens’ radiological monitoring organization in the country that has monitored emissions from a nuclear reactor from the moment it generated energy. Funding this program would assist in independent citizens’ monitoring of airborne radiation levels within the ten mile radius of Seabrook Station reactor. This data is compiled and graphed, with monthly reports submitted to the Massachusetts Department of Public Health and MEMA.

- 90% funding reimbursements for regional school transportation costs that benefit Merrimac and Salisbury.

Regional School Transportation is a critical form of funding for our regional school districts, Pentucket and Triton Regional School District. These schools developed with the incentive of being able to rely on 100% reimbursement of transportation costs. In the past few years, progress has been made toward reaching the statutory mandate of 100% reimbursement, but there is still work to be done.

- Up to a \$25 million transfer from consolidated net surplus to the Community Preservation Trust Fund which directly assists North Andover and Newburyport.

This allows adopting communities to establish a dedicated local fund for open space, parks, playgrounds and athletic fields, and preserve historic buildings, natural areas and farmland.

- \$2.5M in new funding for the Shannon

Grant program, for a total funding level of \$8.25M that will make more money available for Merrimack Valley municipalities when applying for grants.

The Shannon Community Safety Initiative grants are awarded to communities with high levels of youth violence and gang problems to create anti-gang programs and provide extra patrols to curtail violent activity.

- The Foundation Budget Review Commission will be reconstituted, requiring the Commission to determine the educational programs and services necessary to achieve the Commonwealth’s educational goals.

The Commission was established in 1993 in Chapter 70 of the General Laws, but has only met two times over, the last time decade. Under this amendment, the Commission would convene to fulfill its duty to examine the foundation budget and report back to the legislature next year.

- \$25,000 to promote recreational activities along the Merrimack River through the River Cities Initiative.

One of the most valuable resources and economic treasures connecting my district is the Merrimack River. Being able to travel from Haverhill to Newburyport on the Merrimack will grow small businesses, attract people to restaurants and historic attractions and promote recreational activities such as rowing through school sports and public use.

- Policy from a bill I filed was included through the budget process which would require a nursing home, rest home, or other long term care facility to first obtain



informed written consent if psychotropic medications are to be administered, along with a description of the side effects.

Prior to this legislative change, there was no state regulation or law requiring doctors or nursing homes to notify families that anti-psychotic or other psychotropic medication are being prescribed.

I look forward to expanding upon additional important items included in the FY15 State Budget in next month’s column.

You can contact Senator Ives office at Maria.Syrniotis@masenate.gov



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*~Mike Gagliardi,
Local 175 Laborers' Union of N. America*

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Lawrence's own Award winner, Andres Gonzales (DraMatik) with his daughter Jenicia, (6) singing at the 2014 Semana Hispana (Hispanic Week) festivities in Lawrence last month. At right Valley Patriot president Tom Duggan knows where the best food is during Hispanic week.



PHOTOS: TOM DUGGAN

Methuen record and movie producer Daryl C. Silva shoots his latest music video "Suicide" at Cloud Palace in Salem, NH. with (left) video stars Lunara Devers of Lawrence, Daryl DeLong of Carlisle, MA and Chelsie Elizabeth Golan of Methuen. The song "Suicide" is the 13th track on Silva's hit CD "All Seats Reserved" available on iTunes and Amazon.

Methuen Woman Wins Award

Carol (Lawson) Tomaselli of Methuen, MA was presented by Dr. George Kasparyan, Chairman of the Orthopaedic Surgery Department, the prestigious 2014 Patient Care Service Award from Lahey Health on June 4, 2014.

Carol was nominated and selected out of over 4,000 employees for this award. Carol started at Lahey Clinic, Burlington, MA in 1981 and has been a nurse in the Orthopaedic Surgery Department for over 33 years. Carol's husband Stephen Tomaselli, along with family members, friends and numerous colleagues were in attendance at the award ceremony.



Lawrence Mayor Dan Rivera Celebrating Honor Students from Greater Lawrence Tech, Central Catholic, & Notre Dame Cristo Rey High Schools!

PROGRESSIVE PHARMACY SOLUTIONS

Progressive Pharmacy Solutions (39 Haverhill St. Methuen) held a Health Clinic last month on their one year anniversary!

Progressive conducted diabetes screening, took blood pressure and even handed out some healthy snacks for their customers.

You can call Progressive with your prescription!

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Michael B. Cronin (2nd from right), of Port Charlotte, Florida, passed away on June 21, 2014, at home, with his family. He was CEO of St. Joseph Bon Secours Hospital in Port Charlotte, retiring in 2001. He started his career at Bon Secours Hospital in Methuen, MA, continuing on to CEO of Franklin County Hospital in Farmington, Maine then to The Bon Secours Hospital in Virginia and Port Charlotte in 1983. He became very active in his church and other civic endeavors. He leaves behind his wife Eleanor, sons Michael of Rhode Island, James of Maine, and daughter Becky of Maine. He also left behind his twin brother John, and sister Priscilla Quintal of North Andover. He was predeceased by brother David H., sisters Sheila D. Campbell, and Ann T. Cronin. He was the son of the late John A. Cronin and Theresa A. Cronin. A Memorial Mass will be celebrated Friday, July 11, 2014 at 10AM at St. Michaels Church, 196 Main Street, North Andover, MA.



The Valley Patriot’s PuppyGirl Kate Whitney with Honey. Kate and Honey rescue puppies and older dogs from abuse and neglect. Please adopt a shelter dog or foster a dog looking for a permanent home! For more information you can email One Tail at A Time Dog Rescue in Haverhill: onetail@comcast.net. One Tail is always in need of financial donations and items for rescued animals.

NAHS: FROM PAGE 5

community, and when a traumatic event happens, like the suicide of 16 year old Colby Kenny in 2011, “the worst thing you can do is not talk about it.”

Junior, Megan Munroe said the author’s presentation helped her relate to living with her 5 year-old brother. “It made me feel like it’s ok to want to protect him from violence on TV, and that other people feel that way too.”

MacDonald’s talk was followed by an interactive presentation entitled “Fostering Resilience in the Students,” a group discussion among faculty, social workers and members of the Lawrence Antiviolence Youth Team, including Carlos Aredondo, Courtney Breen and Tammy Cancel. The youth team discussed their Safe and Successful Youth Initiative, with the goal of reducing youth homicides and serious assaults in Massachusetts.

Although the Lawrence group works with a more racially diverse population, the common thread is how much the North Andover and Lawrence youth populations have in common. For starters, some of the kids literally live down the street from one another, and it is easy to forget that there are poor families in North Andover too. A code of silence can manifest in any household or any community. Then there

is this dirty little secret: Helping fuel the Lawrence based drug trade is the purchase of drugs by people from more affluent communities - like North Andover.

Bilton observed that in the letters his kids sent to MacDonald, they spoke of having to cope with familial issues of loss, incarceration, substance abuse and suicide. Bilton found it curious that no one spoke about these sensitive issues in class, yet the angst was apparent in their letters.

When MacDonald spoke to kids in Lawrence, he said they were 10 times more vocal when discussing traumatic experiences. Is it possible that the more affluent communities are under pressure not to show the kinks in their armor? MacDonald said in some ways these tight-lipped kids are more at risk because they are less likely to talk about things that trouble them.

They ended the discussions with plans for the two communities to work together, creating an intentionally diverse peer-led group of students from both communities. The ultimate goal would be to foster a supportive sense of community and for these young adults to share common experiences. All in all, it promises to be a very positive and healthy project for all, but especially for at risk youth in the area.



HOT Doggity It’s HOT out There!

Tracey Zysk
VALLEY PATRIOT DOGGIE COLUMNIST

Wow! The next couple of days may be record breaking HOT!! Summer vacation is here and everyone is enjoying this beautiful weather. We are planning our trips to the beach, hanging out at the pool and cooking on the grill. With all this excitement are you remembering your pets? As hot as you are, their body temperatures are higher and they can become dehydrated much quicker.

Like humans, dog and cats bodies are made up of 80 percent water. Having enough water in an animal’s system determines the proper flow of nutrients needed for the functionality of the organs and helps prevent illness.

But more simply put . . . it’s HOT and your pet needs water. He is thirsty!

As a rule of thumb, a dog needs approximately twice as much as its body weight to remain hydrated. For example: a dog that weighs 15 pounds should have at least 30 ounces of water a day.

- Keep the water bowl full all day. This time of year keep multiple bowls in easy access places to where your pet may be.
- Keep the water bowl clean. I have seen so many of these water fountains for pets, and owners fill them up thinking they don’t need to change the water until it is empty. Hum . . . probably not one of my favorite pet inventions; people tend to forget it is “still” water in that container at room temperature. It needs to be changed and the container needs to be cleaned. If not, bacteria and mold will grow inside. Once ingested by the pet, mold can lead to severe internal sickness.
- Ice Cubes. Dogs love chewing on ice cubes, it helps get fluids in their bodies and it is a fun interactive toy, too!
- Dog pools, sprinkler or hose. Take the kiddie pool, fill it up with water and let your dog jump around in it. Oh my

god, have you ever seen a dog in a kiddie pool? They bounce all around and have a blast, too. If you don’t have a pool, a sprinkler or a garden hose can be just as effective.

- AC or Fan. Yup . . . spoil your pet a bit. My Lani, she loves her AC and ceiling fan as she lounges on her couch.

If you have concerns that your dog or cat may be dehydrated do the “scruff” test:

To determine the extent of your pet’s dehydration a dehydrated dog or cat will lose skin elasticity. Pull lightly on the skin at the scruff of the neck and note how quickly it returns to its normal location. The longer it takes, the more dehydrated your dog or cat is. And as always, with any health questions or concerns please call your veterinarian immediately.

Now that the sunny warm weather is here, fill the ice cube trays, buy some Frosty Paws treats and enjoy a happy and hydrated summer with your pets.

Stay cool, too!



Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, TV and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units and National Award winner of the Platinum PAW award. Tracey may be reached at wigglewalk@comcast.net. Become a fan on Facebook at Wiggles & Jiggles Pet Care.



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DEBUNKING DICK HOWE, JR. & THE HATE BLOGGERS IN LOWELL

Why Am I Picking on Such a Beloved Marxist?

Tom Duggan
VALLEY PATRIOT PUBLISHER

Dick Howe, Jr., is a seemingly mild mannered politician. Elected several times over, Dick is the Middlesex North Registrar of Deeds, which again on the surface appears to be fairly innocuous.

However under the shroud of local historian, curious intellectual and local social media guru is perhaps one of the most ardent local disciples of Marxist politics.

In addition to subscribing to Marxist principles and promoting progressive patriotism (which in essence is like burning the flag and saying you were just trying to keep warm), Dick Howe, Jr. is an entrenched political operative, specializing in hatemongering and coordinating attacks on local, state and federal candidates that do not share his views.

Over the next few months we will examine Dick Howe, Jr. We'll take a look at his comings and goings as the Registrar of Deeds. We'll look at how he spends our tax dollars, time he's supposed to be working on our behalf, such as conducting free cemetery tours during Deeds business hours. Is this on his own time or not? We will explore since nobody else has the courage to ask the question.

Are there time sheets or does the boss just sign himself in and out?

How does Dick Howe Jr. spend countless hours attending political events, organizing political campaigns, writing books and pushing his political agenda while he is supposed to be doing work for the Commonwealth on the taxpayer's dime?

Since Bill Galvin is now running for reelection perhaps these are questions HE should be answering.

The most intriguing examination of them all is Dick Howe, Jr.'s obsession and hate towards the local press and main stream media.

If you follow Richardhowe.com, (which is Dick Howe, Jr.'s Blog), you can read dozens of columns of how Dick despises the local newspaper and believes (wants you to believe) that people should just start reading local blogs for their news.

Hey, look, no one uses social media more than I do, it's an extremely effective tool for breaking news and opinions that you cannot find in print or other media sources. But they are tools that enhance local news coverage, it doesn't replace it.

Dick Howe, Jr., would love for you to



Middlesex Registrar of Deeds Dick Howe, Jr. gives cemetery tours while he is supposed to be working for the Commonwealth.

stop reading articles written by actual journalists and media professionals and exclusively read BIASED, political talking point blogs on local issues that only tell you what they want you to know, from the perspective of the DNC.

Of course all the local Marxists... er... I mean "progressives" ... take their marching orders from Dick. They are all one in the same, local hacks that promote his Marxist point of view that America is what is wrong with the world today and America's enemies are really the good guys. This is odd, but not unprecedented given Dick is a former member of the military himself. But then again, so were Timothy McVeigh and Bowe Bergdahl.

Over the coming months I will be examining how the Marxist Dick promotes several blogs that promote hate, false accusations against local pols who run afoul of the proletariat, as well as giving cover to Howe using allegations and political attacks against all of Dick Howe, Jr.'s political enemies (anyone who isn't a devout progressive Marxist).

Howe has been at the forefront of the Elizabeth Warren propaganda campaign of hate against women, and was one of Senator Ed Markey's local henchmen pushing the DNC's talking point propaganda. Dick Howe, Jr. once touted that he believed that we would see these campaigns change local election, and he is doing everything he can to make that true. Targeting local politicians who happen to be to the right of Vladimir Lenin, The Howe Proletariat focuses like a scud missile on school committee members, city councilors, mayors and even Library Board of trustees.

HOWE: PAGE 29



Summertime Thoughts in Lowell

John Macdonald
VALLEY PATRIOT LOWELL COLUMNIST

Summer has turned into a time of the year where we unwind, take some time for ourselves and relax. This summer the voters of Lowell and in particular the voters in the 18th Middlesex have some things to ponder. As we turn on the blenders, pop open the beach umbrellas and settle in to the sand, perhaps it's time to think a little about politics? Nothing high level mind you. Nothing that will spoil a late evening conversation with friends or perturb the fellow sitting next to you at your favorite seaside pub. Just your own thoughts.

There are a few races that will take place in September and November, but let's stick with the two that have thus far been the most interesting ... at least to me. The race for Governor and for some of us in Lowell, the local race for State Representative of the 18th Middlesex.

First, the race for Governor. Both the Democrat and Republican Conventions had a little drama in picking their nominee, but other than providing a little entertainment for political wonks, no one has really noticed. Why? Perhaps it's the lack of exciting candidates? Perhaps it's just too early to get engaged in political theater? I'll leave it for the reader to decide why.

So let's look at who we have in the race for Governor. On the Democratic side you have Massachusetts Attorney General, Martha Coakley. Coakley leads the polls and by a lot. Why? Name recognition most likely. As Attorney General she was one of few people who could have seriously addressed the corruption in Lawrence during the Lantigua Administration. She did little to nothing about it though. This could be a big issue during debates and is something for the electorate to consider, but I'll guess that it's all just brushed under the rug.

Steve Grossman our State Treasurer became the nominee for the Democrats. He's a businessman, job creator, an intellectual and has done a great job as Treasurer. He has enjoyed support from party leaders as well. For whatever reason though, he's not sexy enough. Sexy enough to overcome voters feeling bad for poor Martha and the beating she took, while running against Scott Brown.

That's where we stand with the Democrats, oh and then there's the other guy that got on the ballot, Don What's His Name? So is it going to be a vote for the party nominee or is it a vote for ... I feel bad for Martha? Something to think about while playing beach blanket bingo.

Then we have the Republicans. Charlie Baker and Mark Fisher. Sorry Mark, your five minutes of fame are over. The Tea Party may be alive and well in other parts of the country, but the only Tea Party Massachusetts is interested in was the one at Boston Harbor several hundred years ago. Baker wins in a rout.

So, off to the general election in November. I think the race boils down to this ... Taxes and jobs. Who's going to allow the voter's time to recover from the recession? Who's going to fight to repeal the gas tax in MA? Who's going to work to attract employers and jobs to Massachusetts? Who's going to offer balance at the state house?

A dream matchup for Massachusetts voters would be Grossman v. Baker, but I don't have much faith that that will happen. In a race between Coakley and Baker I believe the answer is clear ... Baker's our next Gov.

Now, for the 18th Middlesex. I've had the luxury of meeting all the candidates in the race. I interviewed all of them on my show (INSERT SHAMELESS PLUG HERE) The Pulse on 980AM WCAP, Thursday nights at 5:30-6:30 pm. I interviewed all, except one. One candidate who didn't take the time to correctly get enough signatures to put himself on the ballot and is now running a sticker campaign.

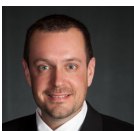
So let's think about the serious candidates for the 18th Middlesex. For the Democratic primary we have Brian Donovan, Jim Leary, Rady Mom, Dave Oullette and ok... the Sticker Guy. I'll be honest, I've liked them all. I mean other than sticker guy, whom I haven't met. Everyone has been intelligent and thoughtful. Some are a little more verse at discussing the issues, but all are nice people.

However my eyes don't lie. So far my summertime signals have pointed to one candidate who has been running hard for months. His name is Brian Donovan. He's been out holding signs on a daily basis and seems to have streams of supporters. I've also seen Jim Leary out knocking on doors. He stopped at my home for a bit and said hello. Jim is working, but doesn't yet have the visibility of Donovan. If the race were held today I believe it would boil down to those two. We do have the entire summer to see what the two and the rest of the field has to offer in sweat equity. So nothing is a lock yet.

Then in the general election it will be between whomever the Democrats vote for and the Independent Candidate Freddy Bahou. Freddy gets a pass in the primary. He's out knocking on doors, fundraising and knows the issues in and out. A political veteran, Freddy is offering something that isn't traditional in the 18th, a choice in November. I've enjoyed getting to know Freddy and I believe he'd work hard for the 18th.

So the race in November will boil down to whoever works the hardest to get their vote out in September, and Freddy Bahou. We shall see how an Independent actually matches up against a Democrat. I have no favorites at this point, but my gut tells me it's a likely matchup between Brian Donovan and Freddy Bahou. I wouldn't count out Jim Leary, but again people eat with their eyes and in a race like this one, visibility is the key.

Enjoy the summer Lowell and please think about these important races. Now would someone please pass me the suntan lotion?



John MacDonald is the President/CEO of Big Decisions, LLC, which is a management consulting business that concentrates on offering strategic advice on Marketing, Public Relations, Economic/ Business Development and Social Media. John has a long career of success, achieving record results in the communications field and spending over 20 years managing marketing budgets, driving the bottom line in the financial services, restaurant, retail and real estate industries.



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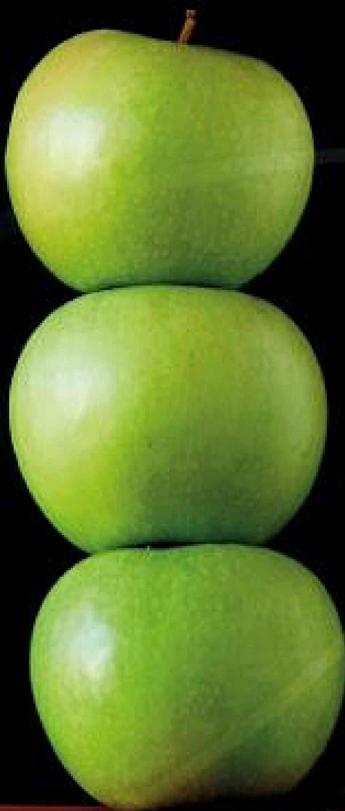


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WEDDING ANNOUNCEMENT



Rebecca R. Pearson and Brian F. Medina of Salisbury Beach, MA joyfully announce their engagement, with a wedding to be held this October on Plum Island in Newbury. Pearson, owner of Newburyport Guide will enjoy a total local wedding using all merchants of Newburyport to keep it a true Newburyport Wedding. Medina is originally from Salem, MA and Pearson is from Manchester by the Sea. Best man Mike Erb and Maid of Honor Wendy Fuller will be standing beside the bride and groom. Pearson will be led down the isle by her brother Deven Pearson, and will be given away by her mother Sue Ann Pearson. A late fall honeymoon is being planned in Florida.

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God Bless America

LANTIGUA BILL: FROM 8

together” that the former Lawrence Mayor would be touting hero veteran Oscar Camargo in this race.

Instead, Lantigua chose to support DeCologero.

In his defense, there is no evidence that Phil DeCologero has any direct ties to Lantigua, or that Phil sought his help or support for his campaign.

But it does give one pause for concern that while Lawrence’s own fraud-father, Willie Lantigua, stages his miracle come back in Lawrence, he also has his supporters running around the community wearing Phil DeCologero buttons on their lapels and “Elect Phil” bumper stickers on their cars.

When I posted that on my Facebook page last month, Phil’s supporters attacked my integrity saying I was only posting this “misinformation” to help Diana DiZoglio, insisting Lantigua’s support is not relevant in this race.

Not relevant? Really?

In this business you have to take the good with the bad. If endorsements and support from local politicians were irrelevant, then why is DeCologero beating his chest about endorsements from Lawrence Mayor Dan Rivera, Lawrence City Council President Modesto Maldonado, and Lawrence School Committee Vice Chairman Jim Blatchford?

It seems to me that the voters deserve to know all the facts, good and bad. It’s for them to decide what is relevant and what is not. It’s not up to the candidates or their supporters.

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Summer Events at Salisbury, Hampton, Newburyport

UNCLE EDDIES OCEANSIDE TAVERN
Saslibury - July 11th, The Brooklyns; 12th, Dan Lawson Band; July 18th, No Guts, No Glory; July 19th, ROCKET QUEEN; July 25th TAKEN; July 26th, Rockathon (6 bands); August 1st, Judas Priest Tribute; August 2nd, BLACKHEART.

SALISBURY CENTER ACTIVITIES
Fri, July 11th - Vintage Cars and Doo Wop, Ocean Front South.
Sat, Jul 12th - Fast Times Concert & Fireworks, Beachfront Stage.
Fri, Jul 18th - Vintage Cars and Doo Wop, Ocean Front South.
Sat, Jul 19th - B Street Bombers Concert & Fireworks, Beachfront Stage
Sun, Jul 20th - Salisbury Beach Relay, Surfside
Fri, Jul 25th - Vintage Cars and Doo Wop, Ocean Front South.
Sat, Jul 26th - Joshua Tree Concert & Fireworks, Beachfront Stage
Fri, Aug 1st - Vintage Cars and Doo Wop, Ocean Front South.
Sat, Aug 2nd - Jah Spirit Concert & Fireworks, Beachfront Stage.
Fri, Aug 8th - Friday, August 8, 2014 - Buf-fett Beach Blast, Blue Ocean
Fri, Aug 8th - Vintage Cars and Doo Wop Ocean Front South.
Sat, Aug 9 - James Montgomery Band Con-cert & Fireworks, Beachfront Stage.

HAMPTON BEACH ACTIVITIES
* Monday Night Movies on the Beach! Starting at dusk July 7 - August 25. Fun Family Entertainment. All for Free! An evening under the stars on our 5 star beach. Weather permitting. Movies to be on the beach near the Playground.

Miss Hampton Beach Pageant
* Free Event! Sun., July 27th, The 68th Miss Hampton Beach Pageant at the Seashell Stage. Interested contestants should contact Stephanie Lussier at 603-512-5257 (cell phone). Check out the Miss Hampton Beach website at www.misshamptonbeach.webs.com. Email: Princess50@yahoo.com

Little Miss Hampton Beach Pageant
Saturday, July 26th. Little/JR Miss Hamp-ton Beach, at 2PM. A sister pageant to Miss Hampton Beach, we will be crowning a Little Miss and JR Miss Hampton Beach to help in promoting our seacoast area. Click here for an Application, Guidelines and more information or contact Director Stephanie Rose Lussier 603-512-5257 or Princess50@yahoo.com

Children’s Festival -August 11th through Friday, August 15th. Starting at 10 am. Five days of free activities for children and their families.
Friday August 15
11am A Giant Costume Parade when every child wins a prize.

CASINO BALLROOM
EVENTS
Slash & Myles Kennedy
Wednesday, 7/9, 8PM
B.B. King, Thurs. 7/10, 8PM.
Travis Tritt, Friday, 7/1, 8PM.
Yonder Mountain String Band & Railroad Earth, 7/12, 8PM.
John Hiatt & The Robert Cray Band, 7/13, 8PM.
Yes! Wednesday, 7/16, 8PM.
Extreme, Thurs, 7/17, 8PM.
The Fab Four - The Ultimate Tribute, Friday, 7/18, 8PM.
Artie Lange, Sat, 7/19, 8PM.
Mike Birbiglia, Sun., 7/20, 8PM.
Huey Lewis and The News, Tuesday, 7/22, 8PM.
America - The Band, Thurs., 7/24, 8PM,
Quiet Riot, Friday, 7/25, 8PM.
Get The Led Out - Tribute Band, Sat., 7/26, 8PM.
Old Crow Medicine Show, Monday. 7/28. 8PM.
Sammy Hagar, Wed, 7/30, 8PM.
Southside Johnny & The Ashbury Jukes, Friday, 8/1, 8PM.
3 Doors Down, Sat., 8/2, 8PM.



on Aug. 23rd.
Sunday afternoon performances begin at 2 p.m. and include: Sixties Invasion on July 13, Shirim Klezmer Band on July 20, The Shaw Brothers on Aug.10, The Hal McIntyre Big Band tribute to Frank Sinatra on Aug.17th, and Aeterna Trio on Aug. 24. Maudslay Arts Center is located at 95 Cur-zon Mill Road in Newburyport. The concerts are held rain or shine, moving inside to the MAC Concert Barn when weather dictates. Concert goers are encouraged to bring a picnic dinner, which can be casual or as elaborate as a gourmet meal with tablecloth and flowers and whatever suits the patron’s fancy.
Saturday performances start at 7 p.m., with gates opening at 6 p.m. Patio seating (tables and chairs) is \$25, while lawn seating (bring your own chairs or blankets) is \$20. Chil-dren 12 and under are free.
Sunday performances start at 2 p.m. with gates opening at 1 p.m. General admission is \$12 with open seating on the patio and lawn. Children 12 and under are free.

Maudslay Arts Center Concert Schedule
NEWBURYPORT

Saturday, July 12th, The Hillyer Festival Orchestra, will be committed to offering the highest quality classics and “pops” musical standards in a professional symphony concert format to audiences of all ages.
Aeterna Trio will close the season on Sunday, Aug. 24. New to the Maudslay Arts Center, Aeterna Trio features Ben Brikbeck on piano, Andy Happel on violin and Devon Colella on cello playing original music, classical crossover, and beloved themes from all over the world, both re-imagined and reinvented in real-time.
Saturday concerts begin at 7 p.m. and include: The Mystix and Friends on July 5, The Dirk Hillyer Festival Orchestra on July 12, Rebecca Parris on July 19, Lance Bryant on July 26th, The Don Campbell Band on Aug. 9, The Paul Broadnax Quintet on Aug. 16th, and Liz Frame and the Kickers



“Don’t blame Massachusetts for New Hampshire’s Leftward Drift”

D.J. BETTENCOURT
VALLEY PATRIOT NEW HAMPSHIRE COLUMNIST

In New Hampshire politics there is a widely held but grossly inaccurate myth. For Republican believers in the myth, it is a source of significant resentment. For Democrats who believe this myth, it instills confidence.

For decades, New Hampshire was a reliably Republican state. From 1960 to 2000, New Hampshire went for the Republican candidate in eight of 11 presi-dential elections. In fact, the Granite State was stocked with such great Republican talent that it was an incubator of GOP statesmen at the national level – leaders such as John Gilbert Winant, Sherman Adams, Meldrim Thomson, John Sununu, Warren Rudman and Judd Gregg.

Then something happened. New Hamp-shire suddenly became much less reliably GOP. In fact, we have not gone Republi-can in a presidential election since 2000 and haven’t elected a GOP governor since 2002. So what happened? How did a once staunchly conservative state lose its politi-cal identity so quickly? The conventional wisdom is a simple but grossly inaccurate explanation. In short, it’s all Massachu-setts’ fault.

Life-long Granite Staters remember a New Hampshire much different than the one they see today. They remember a

fiercely independent, Yankee conserva-tive state. Today, they are nauseated by a community that voted twice for Barack Obama. To them, this radical transfor-mation is easily explained. Attend any Republican gathering in New Hampshire and you will hear loud grouching that Mas-sachusetts has “infected” and “ruined” the Granite State.

However, as is often the case with conventional wisdom, it is simply not true. According to a recent University of New Hampshire (UNH) Survey Center study, the facts tell a much different story. The majority of New Hampshire residents are transients. In fact, less than 40% of adults who live in New Hampshire were born here. That is the lowest percentage of any New England state. So where have the majority of Granite Staters come from? The answer is Massachusetts but the influx of Bay Staters and New Hamp-shire’s recent liberal voting pattern are not interconnected.

The UNH survey of Massachusetts transplants found that the top three reasons residents fled the Bay State were cheaper housing; lower taxes; and escap-ing Massachusetts liberalism. Not exactly the responses you would expect from former residents of the only state in the nation to vote for George McGovern in 1972.

The southern part of New Hampshire is where most Massachusetts transplants have settled, and it is now the most con-servative part of the state. When I served in the New Hampshire legislature, I repre-sented the towns of Salem and Windham – both of which border Massachusetts. In getting to know my constituents, I quickly realized they were shell shocked tax refu-gees. They escaped Massachusetts for the very reasons the UNH survey cited and the last thing they wanted to do on Elec-tion Day was turn New Hampshire into the high tax wasteland they fled.

So what is the cause of New Hamp-shire’s political leftward drift? The UNH survey also answered that question. The real culprits are residents from the Mid-Atlantic States: New Jersey, New York, Pennsylvania, Delaware and Maryland. They move to New Hampshire to escape city life in exchange for rural our natural beauty. Unfortunately, they bring their big-government liberal philosophies with them. They have relocated to New Hampshire in similarly large numbers as Massachusetts transplants. In fact, many of New Hampshire’s most recent Demo-cratic leaders have hailed from these states. Former Governor John Lynch hails from Pennsylvania, Speaker of the New Hamp-shire House of Representative Terie Noreli is from New Jersey, former Congressman

Paul Hodes is from New York, and Con-gresswoman Carol Shea-Porter was born in New York and worked in Maryland.

Not only are the Mid-Atlantic States producing liberal voters but they are mak-ing up the leadership of the New Hamp-shire Democratic Party. It certainly puts the absurdity of Democrat attacks against Scott Brown being a Massachusetts trans-plant into perspective.

Ronald Reagan, who New Hampshire supported in 1980 and 1984, once said that it is “worthwhile to find out how im-ages are created — and even more worth-while to learn how false images come into being.” It may be easy for New Hamp-shire Republicans to look south and blame its political misfortunes on the myth of Massachusetts transplants but it is a false image that masks reality. New Hampshire will never again be a conservative state as long as we continue to lazily misdiagnose our real electoral problems and fail to ac-curately address them.

D.J. Bettencourt served as a State Rep-resentative in the New Hampshire House of Representatives from 2005 to 2012 and was the House Majority Leader for the 2011-2012 legislative term. He currently works as the Director of Development and Community Relations at the Salem Animal Rescue League.

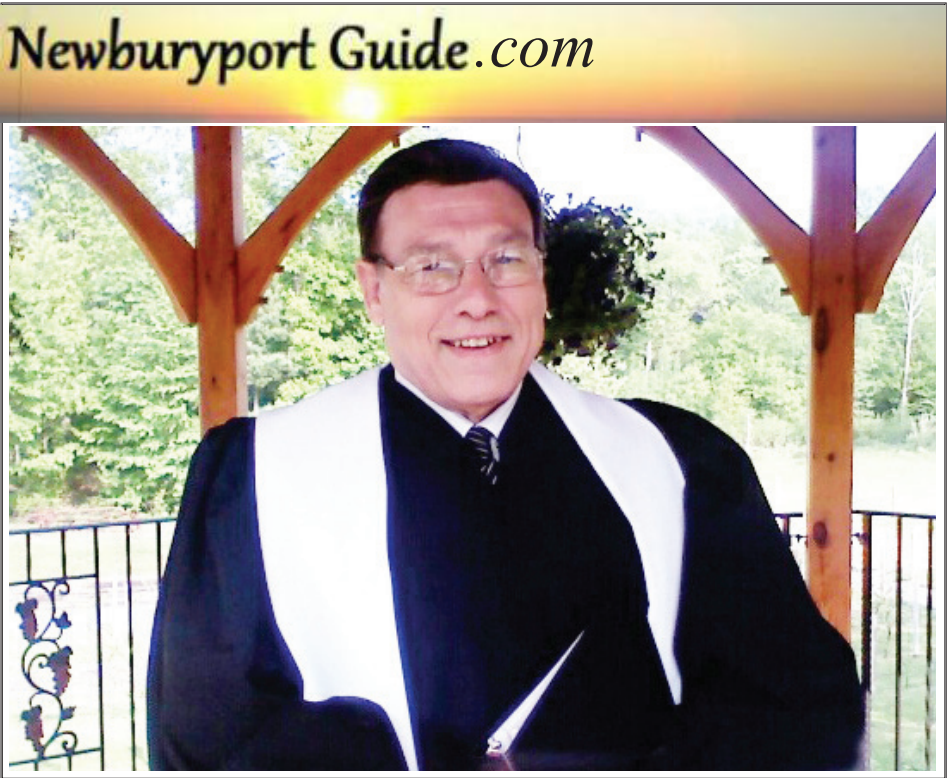
To Have and To Hold: A Local Wedding in Newburyport On A Budget

Rebecca Pearson
VALLEY PATRIOT NEWBURYPORT COLUMNIST

Part 3: Putting Your Ideas To Work

Getting engaged to my all time love was the most magical moment of my life, as well as his. The fun of starting the plans for your big day to celebrate your union with friends and family should be exciting and a wonderful experience. Deciding your venue, your flowers, your catering and more can be stressful ... but in our case we looked forward to it. Living here in Newburyport we decided to go for a total 100% Newburyport Wedding. In hopes to help others find and utilize what our great city has to offer and hospitality you just won't get from those chain stores, and unfriendly online services. Here you get the real deal with real people, that will make you and your loved ones big day special right until the cutting of the cake and the first dance as husband and wife.

Hair for Bridal Party: Every bride on her wedding day wants to look like something out of a fairy tale, and bringing that first step to life is with the hair style for your big day. Ana's Hair Studio in Newburyport was my choice for doing just that. Ana and her fantastic ability for styling hair began in Boston, and now she is right here in Newburyport. She has been involved in many weddings; transforming everyday hair into a masterpiece of delightful and memorable focal points in



your wedding wardrobe. Her prices vary on the size of your wedding party, but she will come to where you are and get you ready for your big day. ~ Ana's Hair Studio, 10 Prince Place, Newburyport, MA, 01950. www.newburyportguide.com/Ana-s-Hair-Studio-Newburyport-Ma-Newburyport-Guide.html

Justice of the Peace: There was only one choice for us without a doubt for a justice of the piece for our wedding. John Cena,

Sr. has been marrying couples for many years. Bringing love, family, and friends together for your special day. From right here in West Newbury, Mr. Cena has a wonderful heart, and was the perfect man to marry us in October. Rates are amazing, experience outstanding, and overall experience simply wonderful! John Cena, Sr. Justice of the Peace. www.JohnCenaJP.com

Wedding Favors: The search for the perfect wedding favors ended quickly because we knew the perfect place to go. Simply Sweet in Newburyport is the best and only chocolate store in Newburyport that will not only help you make the right choice, but is a local, not a chain store, that takes the time to work with you and your ideas. We went for homemade milk chocolate in the shape of leafs wrapped in colored tinfoil in the most beautiful gold boxes with a burgundy ribbon. Simply sweet indeed. Simply Sweet, 12 Inn Street, Newburyport, MA, 01950. www.SimplySweetCandy.com

Dessert Table: Dianne's Fine Desserts formally known as Alden Merrill Cheese Cake Factory here in Newburyport has an amazing collection of desserts. Manager

Jeff Rowell and his crew will go over everything you could possibly want and need for your wedding dessert table. We opted for a small cake for us and our wedding party and to have a giant dessert table for our guests, so we picked some great items for everyone to eat and enjoy such as Tiramisu, Blonde Bars and Brownies for the kids, Lemon Italian Cream Cake, and my personal favorite the Ultimate Chocolate Cake. Dianne's Fine Desserts, 4 Graf Road, Newburyport, MA, 01950. www.Diannesfinedesserts.com

Wedding Photography: Jenifer Santarelli is a wonderful wedding photographer from right here in Newburyport. She does weddings, birthdays, holiday, family and other portrait photography. Her talent and eye for capturing wonderful moments with her camera really speaks volumes when you look at her portfolio! Contact her today to begin your memories on your big day! Jennifer Santarelli of Newburyport. Jenna.santarelli@gmail.com.

Your Table Top Accessories: Each of our tables we wanted to have something special. To us having cheese and crackers on a beautiful cutting board was just the key! But how to make it original? Well we found just that at Glitterati in Newburyport. Glitterati features artists from all over the USA, from MA to FL and across to CA. These talented artists have provided Glitterati with many unique and amazing pieces of their craft. You need to visit the shop to see what they have to offer and we were so happy we did. An artist named Lisa Hickey who has a company by the name of Caron Designs, her whimsical platter adds a touch of flair to any setting! A fused glass bottle that creates a one of a kind platter (wine bottles cut in half and the glass fused to a solid flat cutting board) keeping the shape of the bottle and comes with a spreader! They retail from \$18-\$22 depending on the size. Stop on by to Glitterati in Newburyport where they will sparkle their way into your heart with amazing accessories, gift ideas and table top. Glitterati, 1 Merrimac Street, Unit #5, Newburyport, MA, 01950. 978-462-1700.

One item we could not get. Only one thing was not able to be part of the shop

NEWBURYPORT: PAGE: 30

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HAMPSTEAD ACADEMY: FROM PAGE 6

memorize things for the sake of memorizing them.

“They all have cell phones. If they need to know something right away they can look it up. Do they need to know the names of the states or the state capitals? I mean it’s good to know that, but we teach; how they became states and what divides the states, what resources do they have that created those individual states, how are they governed differently and how does that affect them. It’s more important they get the bigger picture rather than just memorizing the names of the capitals.”

DIFFERENT FROM OTHER SCHOOLS

Hampstead Academy has an advantage over public schools because they are able to structure learning around each child while public schools teach to the masses.

“It’s hard to change the mindset of the industrialite,” Kutzleman says. “The public schools have too many kids in a school, they have to get through all these common core type standards and sometimes that really inhibits the really good teachers from doing what he or she feels is right for her kids in that class at that time. Not all classes are the same, dynamics change. You may have certain children at one age that are functioning at a lower level and some that are really high. How do you deal with that in one classroom? Well, we can.”

“I spent time on the local school board here in town” Stewart added. “I got to know the teachers really well, even the teachers who really are teachers in every sense, they express frustration since that inclusion law was passed. Inclusion is where children that used to be segregated because they had learning disabilities or special needs are now put into the same class with kids that don’t have learning disabilities as well as kids that are gifted and talented. With all of those students at different levels of learning all in the same group, the teachers have to teach to the middle of the road. Many bemoan the fact that the really bright, talented kids are left hanging. There is a lot of focus on the kids that are needy but the kids at the other end are not being taught at the level of their potential. They need to be nurtured, their needs are just as important. So, maybe it’s politics, there’s no political traction around recognizing that those kids are every bit as needy and deserving of having their talents stimulated as the kids at the other end.”

Hampstead’s Headmaster Sam Richards says that he sees the benefits of whole child learning every day.

“My favorite part of the day is when I do my rounds and I walk through every classroom and just say good morning or good afternoon to the kids and the teachers. It gives me a chance to see what they are doing in the classrooms to see the wonder and joy they are experiencing.

One day I walked into a classroom and the 1st graders were stacking Oreos to see how high they could get it and then using the data to do a math equation. One of the nice things about a school like ours is you can structure the time to whatever project you are doing. For example, the art class I was helping kids with last fall was an hour and 45 minutes long, not just the 45 minute structured block of time you get in other schools. So, the kids have time to get into the project. I think we finished our project in two classes whereby if you had a structured block of time it would have taken them much longer and they wouldn’t be as connected or excited about it.”

Richards says that while most headmasters spend the bulk of their time with discipline issues there are almost no discipline problems at Hampstead.

“We instill values. Probably the most important thing that quest for lifelong learning gets woven into the child. There

aren’t many schools that do that, in fact I don’t know of any.”

CAN YOU AFFORD NOT TO SEND YOUR KIDS TO HAMPSTEAD ACADEMY

“Many people don’t even think to look at private school because of a cost factor,” Kutzleman said, “or kids don’t want to leave their friends in the school they are in. But, if they are able to make a choice they should really look at this school.”

Headmaster Richards agrees. “One way to look at it is an investment in your child’s future. If you think about the opportunities for a child to develop their passions and have a chance within the context of a classroom to do that, you owe it to your child to do it. We have classes where the teachers will get into a project and go a week longer because the kids are so fired up about it. Here there are opportunities to be involved with art, music and drama while integrating the other courses into what they are learning, it’s an invaluable investment. A lot of the other schools have cut those things and here we use them as additional tools to teach them all the other subjects. You just can’t get that in other schools.”

Chairman Stewart says he sees it as an obligation to the world.

“This may sound a little farfetched but it’s not. The world has a lot of problems that in my estimation are only getting worse. They are complex, they’re global, they’re multicultural, and there is a huge need for thought leaders not only in the area of mechanics and engineering but in social skills, in sociology, and how do we get people to get along and collaborate? So, I say if you have a child who is really bright, I wonder if you don’t have a responsibility, not only to yourself or to your child but to the world to get that kid here and take a look at what we do, because we can inoculate that child and that child might be a force for the future of the planet.”

“I hate to see a really bright kid get frustrated and lose out on an opportunity because the world, the community loses out on what they could contribute if they were given the chance to reach their potential by challenging them and letting them grow. We need to be producing the thought leaders of the world and if that costs you as a parent, \$13-16,000 a year that’s a really small investment given what it is going to produce.”

For information about Hampstead Academy: info@hampsteadacademy.org. 603-329-4406.

Is the Tea Party Extreme?

To the Editor,
Recently an acquaintance commented he thought the Tea Party racist and extreme.

Why, if the Tea Party were racist, would a black woman serve on the Greater Boston Tea Party Steering Committee, I asked him. And what is extreme about "advocating for limited government, free markets, individual liberty and personal responsibility, all tenets of the Constitution of the United States" - the charter of the local Tea Party. "Radical", in the sense of returning to our roots which served the country so well, yes, but "extreme", no.

Extreme would be passing a major program that reorganizes one sixth of the economy against the majority wishes of the electorate with not one supporting vote from the opposition party (Obamacare).

Extreme would be trillion dollar deficits saddling our grandchildren with \$53,000 of debt per capita.

Extreme would be pursuing a social agenda at all costs while ignoring proven fiscal and government policies to foster economic growth in the midst of a major economic downturn (tax cuts, reduction of governmental regulation, permitted repatriation of overseas profits without additional taxation) diminishing at least six years of recent college graduates' job prospects and causing millions of previously employed workers to drop out of the job market.

Extreme would be a Senate Majority Leader stonewalling any consideration

of House passed bills (Harry Reid).
Extreme would be bypassing Congress and ruling by executive order ("I've got a phone and a pen.")
Extreme would be incarcerating a teenage girl against her and her parents' wishes due to differing medical opinions (Justina Pelletier).

The last ten or fifteen years have seen a radical shift of power from the people and the states to an elite ruling class in Washington. Seven of the eleven richest per capita counties in America are in suburban Washington, DC; federal government workers make twice private sector wage rates. Bureaucrats (not Congress) increasingly regulate business and education: the EPA's war on coal and the Dept. of Education's ridiculous proposal of "trigger warnings" that professors would have to give when assigning texts that might contain offensive racism (Huck Finn), sexism, or violence (Hamlet).

We've seen administrations of both parties go rogue: the current administration using the IRS, EPA, OSHA and ATF to target perceived political opponents, as well as shipping guns to Mexican drug cartels in an attempt to embarrass supporters of the Second Amendment (Fast and Furious); and the Geo. Bush 41 administration sharpshooter shooting and killing an unarmed mother carrying her baby (Vicky Weaver while holding her 10 month old baby Elisheba).

The Tea Party sprung into existence

TEA PARTY: PAGE: 35



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A Look Into Some of the Scariest Apps for your Kids

7 Dangerous Apps That Every Parent Needs to Know About

KRISTIN PEAKS
DIGITAL & SOCIAL MEDIA SPECIALIST

I work in public relations at Cook Children’s. It’s my job to be on social networking sites, peruse the internet and keep up with the latest Apps offered on smartphones. It’s a great job and I love what I do, but over the last couple years, I have learned so much about the dangers of Smart Phone Apps. It’s downright scary.

Technology, especially if you’re a little behind the times, can be very deceptive. Your kids may be downloading Apps that you think are innocent and just a simple way for them to keep in contact with their buddies, but unfortunately, this isn’t always the case.

To keep your children safe, it’s best that you monitor their phone. Look through their apps, texts and pictures. They may feel that you’re invading their privacy, but let’s be honest... You’re paying the phone bill, so you can do whatever you want! So, as you monitor your kid’s phone, keep an eye out for these 7 apps you may not be aware of, that in my opinion are very dangerous:

Yik Yak – This App is one of the newest and one of the most dangerous. It allows users to post text-only Yaks of up to 200 characters. The messages can be viewed by the 500 Yakkers who are closest to the person who wrote the Yak, as determined by GPS tracking. Users are exposed to – and contributing -sexually explicit content, abusive language and personal attacks so severe that schools are starting to block the App on their Wi-Fi. Although the posts are anonymous, kids start revealing personal information as they get more comfortable with other users.

SnapChat – This App allows users to send photos that will disappear after 10 seconds. Once the recipient opens the picture, the timer starts. Then it’s gone. From both the sender’s phone and the recipient’s phone. However, the recipient can take a screen shot of the photo and have it to share with others. This App enables kids to feel more comfortable “sexting” with peers.

KiK Messenger – This is a private messenger app and is coveted by those under 18 for a number of reasons. The App allows kids to send private messages that their parents can’t see. There is very little you can do to verify the identity of someone on Kik, which obviously poses the risk of sexual predators chatting with your child. And again, this is an easy tool for sexting.

Poof –The Poof App allows users to make Apps disappear on their phone with one touch. Kids can hide every app they don’t want you to see on their phone. All they have to do is open the App and select the ones they don’t want you to see. Very scary! The good news about this App is it is no longer available, which isn’t uncommon for these types of Apps. But, if it was downloaded before it was deleted from the App store, your child may still have it. Keep in mind that Apps like this are created and then terminated pretty quickly by Android and Apple stores, but there are similar ones being created constantly. Some other names include: Hidden Apps, App Lock and Hide It Pro.

Omegle – This App has been around since 2008, with video chat added in 2009. When you use Omegle you do not identify yourself through the service – chat participants are only identified as “You” and “Stranger”. You don’t have to register for the App. However, you



can connect Omegle to your Facebook account to find chat partners with similar interests. When choosing this feature, an Omegle Facebook App will receive your Facebook “likes” and try to match you with a stranger with similar likes. This is not okay for children. There is a high risk of sexual predators and you don’t want your kids giving out their personal information, much less even talking to strangers.

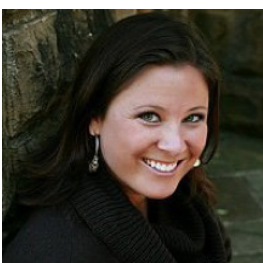
Whisper – This is a meeting App that encourages users to post secrets. You post anonymously, but it displays the area you are posting from. You can search for users posting within a mile from you. A quick look at the App and you can see that online relationships are forming constantly on this App, but you never know the person behind the computer or phone. One man in Washington was convicted of raping a 12-year-old girl he met on this App just last year.

Down – This application, which used to be called “Bang with Friends,” is connected to Facebook. Users can categorize their Facebook friends in one of two ways: they can indicate whether or not a friend is someone they’d like to hang with or someone they are “down” to hook up with. The slogan for the App: “The anonymous, simple, fun way to find friends who are down for the night.” If that alone doesn’t scare you, I don’t know what will!

I know it’s overwhelming to keep up with your kids and their online habits. But just remember to check their phones often, and even more importantly have real life conversations with them. Discuss the dangers of the Apps and make sure they understand the need to keep personal information private.

I want to know what Apps your kids are using. Comment below!

Please note: You can turn location services, or GPS, off on cell phones by going in to the device settings. This will keep the Apps and photos from posting the exact location or whereabouts of the phone user.



About the author - Kristin Peaks is the Senior Digital & Social Media specialist at Cook Children’s. Kristin is a sports fanatic.

Born and raised in Fort Worth, Kristin spends her extra time with friends and family, and loves volunteering. Her dream job is to be a Monday Night Football sideline reporter.

TEEN TALK WITH ANA DEBERNARDO

Real Role Models Today

The phrase “skinny as a twig” seems to be one used too often when referring to the majority of celebrities that dominate today’s media. Some of the highest-profile women in modern society are peeling off the pounds right before our eyes, as their pictures are plastered on the cover of every magazine and billboard with captions like “Find out so-and-so’s secret diet so that you, too, can get a killer summer body!”

Protruding bones, visible ribs, and thigh gaps are seen as signs of beauty and people set goals to attain this so-called “model” description. The act of starving oneself is glorified, and an anorexic appearance is even considered admirable by some people. People brought up in “privileged” lifestyles, with an abundance of food at their fingertips, strive for skinniness, while others in third world countries are actually dying due to the scarce availability of food --and no possible means of acquiring it. The situation is eye-opening, to say the least.

These women are not only under nonstop media surveillance, but are also in obvious distress. Many are even so dangerously thin as to require medical attention. Though they may have started out as normal girls simply looking to be fit, one fact remains: they are not worthy of being called role models for young women around the world.

As someone who has seen up close the dangers of anorexia in some of my friends and schoolmates, it is even more depressing to me that the motto “If you’re thin, you’re in” is sorevered among the fashionable crowd and the

young people alike. If only it were as evident to others as it is to me. There is so much in this world to live for, and seeing a low number on a scale is not one of them.



We live in an era in which women are finally being valued, empowered and respected. The eyes of history are finally being opened to give women equal opportunities to shape the future of the world. But how bright will that future be, if it is molded by these types of superficial “Barbies” that seem to rule the social food chain? A pretty messy one, I suppose, if shaped

by the undernourished, unsteady hands of hungry, distressed women who count their calories and not their blessings.

Especially since they know that the eyes of millions are upon them, how can those who are revered by so many women everywhere continue to perpetuate the deception that a woman’s worth is based on a number on a scale and a dress size? It seems so illogical when thoughtfully considered, yet this continuous struggle is our sad reality. Although it seems that genuinely good role models are hard to find these days, the truth is that there are people all around us who are worthy of our admiration, and we don’t have to look to famous celebrities to find them. What is so wrong with glorifying women who actually embrace their true selves, and who prove that girl power can conquer all? And so, if we can learn to look past the prejudices of appearances and just eat a darn brownie once in a while, the future might just start to look a little brighter.

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<http://www.gofundme.com/af4d9k> or can be sent directly to Pentucket Bank (Attention: Jennifer M Lynch Jata/Tricia's Pink Ribbon Fund) 395 Lowell Avenue, Haverhill, MA 01832. Checks are to be made payable to: "Stars, Sports Transition Advocacy" (Tricia's Pink Ribbon Fund Acct# 600025696 in the Memo section)...please write the account # on an enclosed note, as well to ensure the proper acct is credited!!!
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Coffee, Can it Be Good for You? What's the Evidence?

DR. FRANK MACMILLAN, MD
VALLEY PATRIOT MEDICAL COLUMNIST

Without my even asking, people will say to me that they don't drink coffee for health reasons. I have always found this perplexing, since I typically drink 2-3 cups in the morning, almost every morning since I was in high school, and never considered it to be a "bad habit". Of course, too much coffee can cause health problems, but what is underappreciated is its potential health benefits when taken in moderation.

There is an enlarging body of evidence that can give us insight and guidance on what may be the truth on the topic of the benefits and risks of coffee consumption. It is important to distinguish coffee, which is a brewed beverage made from roasted and crushed coffee beans, from other artificially caffeinated beverages (so called sports, energy drinks, and caffeinated soda). Since coffee contains ingredients other than caffeine, we need to consider that coffee also contains many other important and health promoting components.

Coffee is one of the richest sources of antioxidant compounds in the Western diet. Antioxidants are simply plant-derived molecules, including some vitamins, which we eat, that have important chemical properties. Antioxidants are believed to soak up "free radicals" which are created by our body's metabolism, or chemical reactions that we use to extract energy from the food we eat. Since "free radicals" are believed to cause damage to the cell and its components, antioxidants are believed to balance the oxidative damage of free radicals. Coffee happens to be rich in antioxidants including flavonoids, and in essential minerals including magnesium and chromium. Sports drinks and soda have none of these beneficial substances.

There are unfortunately no studies that prove cause and effect, and there probably will never be such studies because they are not practical to do. There is however consistent observational evidence that show a protective effect from coffee consumption against liver cancer and from liver cirrhosis.

The Nurses Health Study showed a 20% risk reduction from stroke for those who consumed at least two cups of coffee a day, compared with those who consumed less or none. A Kaiser Permanente study showed a 20% lower likelihood of being hospitalized for abnormal heart rhythm (arrhythmia) at a level of 1-3 cups a day, compared with non-coffee drinkers. Coffee consumption is associated with a lower risk of developing Parkinson's disease, and a Finish study that looked at consumption of coffee over 20 years

showed a 65% reduction in the incidence of Alzheimer's disease and dementia. Increased coffee consumption correlated with a consistently lower risk of type II diabetes in European, US and Australian studies.

There are of course certain situations where coffee, particularly too much caffeine can be a health concern. Safe consumption levels have not been established in pregnancy. Caffeine can be habit forming at higher levels of consumption, and caffeine overuse and withdrawal can manifest as headache, anxiety and sleep problems. Persons with complicated acid reflux disease can worsen with increasing exposure to coffee and caffeinated beverages. Caffeinated, but not decaffeinated coffee is a mild diuretic, and can lead to dehydration in certain settings. Persons with bladder and prostate problems should seek individual professional medical advice. Sports and energy drinks in particular have super high doses of caffeine, sugar and other stimulants and have been associated with cardiac arrhythmias, which can be fatal. Not for me, I'll stick with the natural brew.

Good health is rich interaction between lifestyle, genetics, environment, and luck to some degree. There is no magic substance that is guaranteed to protect from every disease, and we all know that too much of a good thing is usually not such a good thing.

There is however quality observational evidence, remarkably consistent, that coffee consumption really can be a part of a healthy lifestyle, especially in moderate amounts. Be careful about diluting its benefits (pun intended) by adding too much sweetener, cream and artificial flavorings. I never feel guilty about consuming coffee when talking with health professionals, and find it surprising when people feel this way when speaking with me. I think the evidence is on my side.



Frank MacMillan, Jr, MD, FACP specializes in Gastroenterology and Liver diseases, is a Fellow of the American College of Gastroenterology and it's Massachusetts Governor. He is Vice President of the Massachusetts Gastroenterology Association. Dr MacMillan is a native of North Andover and practices Gastroenterology in Haverhill at Merrimack Valley Hospital, where he currently serves as the Chief of Medicine. He has also been a member of the North Andover Board of Health since 2007.

State Agencies for Employment Rights

Attorney Timothy F. Stark, Esq.
VALLEY PATRIOT LEGAL COLUMNIST

For this month's article I decided to describe the various Federal and State agencies that enforce employment laws in Massachusetts. I have listed the names of the agencies, along with contact information, and a brief description of the services that they provide:

Massachusetts Office of Business Development: This office is the State's principal business development agency. It assists in the expansion and location of business and is responsible for promoting Massachusetts as a business location. Located at 100 Cambridge Street in Boston. Telephone number 617-788-3695.

Department of Business Development: This agency works to promote the development of business and industry, travel and tourism, science and technology, international trade and women and minority business development in the Commonwealth. It is also located at 100 Cambridge St. and they can be reached at 617-788-3605.

Civil Service Commission: A quasi-judicial body to which appeals may be addressed regarding the merit system in public employment. It can review, for example, original and promotional bypasses, and the discharge, removal, suspension, transfer or reduction of rank of civil service employees. The employee must, however, be a civil service employee in order for the agency to have jurisdiction. I usually tell clients that unless you are aware that you are a civil service employee you probably aren't one. Not



all "Public Employees" are civil service employees. The agency is located at one Ashburton Place and the telephone number is 617-727-2293.

Commission for Deaf and Hard of Hearing: This agency helps deaf and hard of hearing get some of the aid/services that help the hearing impaired to function within the workplace. Located at 150 Mt. Vernon St., Dorchester, MA.

Massachusetts Commission Against Discrimination: Enforces MGL 151 B which prohibits discrimination in employment in regards to Race, Color, Religion, National Origin, Ancestry, Sex, Maternity and Sexual Harassment and Age if the employee is 40 or over. Also, Criminal Records on Applications, Handicap, Mental Illness, Maternity Leave and Sexual Orientation and Recovering Addicts. The agency is located at 1 Ashburton Place in Boston and can be reached at 617-994-6000 or in Springfield at 413-739-2145.

The Division of Human Resources is also located at 1 Ashburton Place and is responsible for the establishment and maintenance of a merit system of person-

STARK: PAGE: 30

DICK HOWE, JR. : FROM 21

As a matter of fact Vladimir Howe once proclaimed that there would be a struggle of "New Lowell" vs "Old Lowell", where he constantly injected national politics into local elections.

Dick was responsible for creating a political divide in Lowell that has hurt the city immensely, quietly pitting his Marxist views behind the scenes against anyone who didn't agree with him.

As the leader of the local hate blogs, Dick Howe Jr., organized a small group of local "activists" to defend former Mayor Patrick Murphy. You remember Murphy don't you? He's the guy who dishonored the proud Greek community in Lowell by taking the bust of Pericles to a local pub and dressing up one of the fathers of Democracy like a buffoon.

Murphy (a super leftist himself) was saved from a public reprimand for his

actions by the blogfather and his minions who marched into City Hall chambers to intimidate and verbally threatened city councilors, saying that if they reprimanded Murphy they would "pay a heavy price at the polls in the next election." They specifically targeted beloved Lowell City Councilor Rita Mercier and current Mayor Rodney Elliott.

Let's say Dick's political acumen (or lack thereof) backfired and both Rita and Rodney topped the ticket. And they owe it all to Dick Howe and the bloggers of hate.

Pick up your edition of the Valley Patriot for months to come as we debunk Dick Howe, Jr.

NEXT MONTH: Why is Jack Mitchell so loyal to Dick Howe, and we will examine his cozy relationship with sitting city councilor Bill Martin.

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IN THE CARDS With RICK DICARLO

You may wonder why people would go to a psychic or card reader for a consultation, and the answers to that are as varied as the types of questions that they ask. Some go for entertainment value or as a novelty; something new to try if they have not ever had a reading before. Others are dragged in, kicking and screaming by their various partners, parents, friends or what-have-you. Still others go seeking some clarity on an issue that they feel unsure how to solve on their own...

Readers, if they are of integrity, will present a client with a roadmap of what may lie ahead, all things being equal. If nothing in the situation significantly changes, the outcome looks like this.

Ideally, the point of seeing a reader is to peer down the road, get a glimpse at the potential future, and DO something to either bring it into manifestation, or to avoid an unpleasant outcome, and that is where our Free Will comes into play.

Imagine, a road that forks in 3 directions. You may continue straight ahead and you will reach a certain destination. You might call that the Fate of traveling down this path. The junction where the road forks off is where you have to make a choice. This is where your Free Will comes into play! You can continue on, or you can choose the fork to the left or the fork to the right. If you choose the fork to the left you will eventually come to a major pothole. If you choose the fork to the right you will come upon a suitcase filled with cash and gold coins! Each road will lead to a different Fate, but you have the choice as to which road to follow. The consequences of those choices will open up new paths with new decisions to consider. Fate and Free Will work together to create the circumstances of our lives.

So we see how a consultation can be a useful tool in making decisions, particularly when we are unable to see past our own emotions and desires in the situation. The objective third party can help to find clarity and resolution, or at least help to expand our options. It's like talking to a good friend over a cup of coffee (or something stronger), but without the subjectivity of the personal relationship.

And now we can turn to the e-mail to

see what an actual reading looks like:

Irritated in Andover writes: I have been with my live-in boyfriend for almost 2 years now. He has been out of work for the past four months and it is causing some tension in our finances and relationship. Will he get a job in the next 3 months?

The cards are:

8 The Coffin - 3 The Ship - 2 The Clover - 19 The High Tower and 18 The Dog

This tells me that indeed there was an ending (The Coffin) of his past position within the past six months or so, and it has left him yearning (The Ship) for a change. It also implies that the situation is causing depression or anxiety. The Ship talks about travel for business purposes, or can show business interests in foreign countries. It also tells us what we long for. The Clover says that in a short period of time (Clover is small luck), there will be an opportunity at a large company (The High Tower). This could be a hospital, institution or an educational facility as well. The Dog tells me that a friend of his that works for that company will be instrumental in either presenting the opportunity, or be able to put in a good word with the company's upper management (The Tower). The Clover in the center position implies that this will happen in fairly quick time.

I wish you both the best of luck!

Do you have a burning question? If so, send it in an e-mail to: aselzion@gmail.com and we will explore the answers in future editions of The Valley Patriot.

Richard DiCarlo has studied Astrology for over a quarter of a century. During this time he has lectured, taught and counseled hundreds in his private Astrology and card reading practice. He has appeared on WLLH radio's Ramona's New Age Program with renowned psychic Ramona Garcia. He also had the privilege of working and studying with Linda Goodman, best-selling author of Sun Signs, Love Signs and Star Signs. During that time he helped her to produce her short-lived Star Notes project, which was a subscription-based newsletter to her fans around the globe.

NEWBURYPORT: FROM PAGE 25

local, 100% Newburyport Wedding that we strived to achieve, and with great sadness as well. On the search for a wedding dress I went into the only wedding dress boutique here in Newburyport where I was told they don't carry my size as being a plus size woman, and they would be unable to order me one that would fit, and if they ordered one and I didn't like it I would have to keep it, and I was really treated with disrespect. All in all we

accomplished a wedding on a budget and look forward to our wedding in October, where we share with our friends and family our wonderful union together using and supporting local merchants to make our day special and helping those right here in the Newburyport area at the same time ... sharing the love. To my wonderful fiancée I love you with all my heart and can't wait to be your bride.

BABIES AND BRIEFCASES

KIDS AND BOREDOM: THE BLACK HOLE OF THE ELECTRONICS AGE

Cheryl Hajjar

VALLEY PATRIOT MOMMY COLUMNIST

It was the summer of 1983 and quite often my mother and aunt would haul 4 kids in the car and head to the beach on a sunny morning. My sister, cousins and I would feel like it was Christmas in July we were so excited to be heading to the beach for the day. We would pack lunches, beach chairs and sunscreen and would be giddy with excitement the whole ride there. When we arrived we were in the water all day, only coming up to eat and build sandcastles. Ahh, the days of pre-electronics, cell phones and iPods, when we had to entertain ourselves with nature and unstructured play.

Now fast forward to today. Myself, my son, my cousin and her two children are sitting on the beach and all we heard all day was "Mom we're bored!" The pouty faces, the slouching in the beach chairs, the cold shoulders. My cousin and I peered at each other thru the incessant whining of our 3 children. Hearing their cries of boredom was like sticking ice picks in our eyes. We wondered how could we, 30 years prior, be having the time of our lives at the beach and our



children today be so bored?

The culprits? Steve Jobs and Bill Gates sadly enough. The creators of hand held anything's and in your pocket devices. Games of mental destruction and our social media frenzied society. Ugh. As Atari and MTV arrived in our youth, little did we know that when we became parents it was going to be the death of us and our kid's abilities to keep themselves entertained. Sticking your child on their electronic device to keep them pacified is only a quick fix and only digs you deeper in a hole.

Unfortunately, our society is raising a whole generation of children who are addicted to screens. This is because little screens are designed to produce small amounts of dopamine rewards in their brains that make other experiences pale in comparison. Children however need other kinds of experiences from building with blocks to engaging with other kids to being creative. Kids today need to be more physically active or else they will not be able to focus and learn. That's why it is essential to limit their screen time, no matter how many chores you can get done

BOREDOM: PAGE 35

STARK: FROM 29

nel administration for the Commonwealth, 617- 727-1477.

Department of Industrial Accidents located at 600 Washington St. in Boston. This office is responsible for ensuring that Employers meet the requirements of the Worker's Compensation Act and that Employers have valid insurance contracts. They also have offices in Fall River, Springfield, Worcester, and Lawrence.

Executive Office of Labor and Development which seeks to make new opportunities and training available for workers, job seekers, and employers. Helps to prevent work place injuries and health problems. Also it informs businesses of employment laws and how those laws impact them and their employees. The Department is located at 1 Ashburton Place and the telephone is 617-626-7122. Also the Department of Labor is located in the same building and is responsible for the enforcement of the

wage laws of the state, 617-626-7100.

Division of Occupational Safety administers workplace safety and health programs which also includes issues of wage scales for public works projects i.e. "prevailing wage rates". The department has offices in Haverhill, New Bedford, Pittsfield, Springfield, West Newton and Westborough.

Public Employee Retirement Administration Commission which oversees all of the 106 public pension systems in the state including city, town, county and state pensions.

Hopefully, while this is not a comprehensive list of all of the agencies that are in some way connected to Employer/ Employee issues within the state, it will be of some help. Remember if you have an employment issue, it is a good idea to talk with an experienced employment attorney before taking any actions.

SR. CENTER: FROM 5

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TV TALK WITH BILL CUSHING



My Emmy Wish List

Bill Cushing
VALLEY PATRIOT TV COLUMNIST



The Primetime Emmy nominations will be announced on July 10th and every year I like to review the past year in TV and give my Emmy Wish List. This is my list of performances and shows that

I really hope get recognized by the Television academy. The nominations are almost certain to include members of the cast of Fargo, Breaking Bad, True Detective, Veep, and House Of Cards just to name a few. However, there is always that one performance you really want to be recognized. So I may not cover every category, just the ones where I really feel the chances of someone being overlooked exists. So here we go.

Melissa McBride, The Walking Dead, AMC - In my opinion, no one gave a more heart-wrenching, compassionate, powerhouse performance this year than Melissa McBride. In particular, in the episode "The Grove." When her character, Carol, has to commit an unspeakable, tragic, but necessary act, you couldn't help but be riveted to your TV screen. In this show, full of amazing actors, McBride's work stood above the rest this year and deserves a nomination.

Matthew Rhys, The Americans, FX - The most improved show on TV this season was FX's cold war spy drama The Americans. Season 1 was good. Season 2 was phenomenal. No bigger reason for the shows improvement than the performance of its lead actors Matthew Rhys, and Keri Russell. Rhys is mesmerizing in his role as Philip Jennings, torn between his actions as a spy and his life as a father to his two children. Bryan Cranston and Matthew McConaughey are the favorites in this category, but at the very least Rhys should be recognized with a nomination.

Freddie Highmore, Bates Motel, A&E - Last year I felt that Bates Motel's best performance came from Vera Farmiga as Norman's mother Norma. That still might be true, but this year it got a heck of a lot closer. Hightower's work this year as future Psycho Norman Bates was really something to behold. Watching Norman's slow but certain descent into madness was riveting, and while a nomination here is a long shot

due to the competition, it is most certainly deserved.

Uzo Aduba, Orange Is The New Black, Netflix - People who are not Netflix subscribers are really missing out on some great TV. Along with House of Cards, Orange is the New Black is among the best shows on TV right now. TV's best ensemble cast delivers episode after episode, and this season Uzo Aduba's turn as Suzanne "Crazy Eyes" Warren was touching, funny, and you couldn't take your eyes of the screen when she was on it.

Keri Russell, The Americans, FX - Much like her co-star Matthew Rhys, Keri Russell absolutely should be nominated for her outstanding work on FX's The Americans. Russell perfectly portrayed Elizabeth Jennings, a ruthless cold war spy, who balances her job with the roles of mother and wife, and struggles with her feelings of loyalty to her country, and her loyalty to her family.

Ray Romano, Parenthood, NBC - It's always great as a TV fan when you see a performance that surprises you. For me, this year, that performance came from Ray Romano and his turn as a dramatic actor on NBC's Parenthood. Romano's work as Hank Rizzoli tugged at the heartstrings. Hank's realization, as he learns more about Max's Asperger's diagnosis, and comparing it to his own personality traits delivered some exceptional scenes. It really says something when an actor who is known for his comedy stands out among such a great cast.

James Spader, The Blacklist, NBC - NBC's The Blacklist was the best drama on broadcast TV this year. The role of Raymond Reddington joined the list of great TV Villains, and was played incredibly by James Spader. I will make this guarantee. James Spader WILL win an Emmy for this role. It may not be this year, but it will happen. He is that good. It's an extremely tough and crowded category, but Spader deserves to be mentioned among the best dramatic actors on TV.

Do you have any questions about TV? Email me at BillsTVPatTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

Follow Bill on Twitter @TVNewsandNotes and on Facebook at TVNewsandNotes www.tvnewsandnotes.com

MIND OVER MATTER with JERRY VALLEY

What I have learned in my 44 years in Hypnosis

JERRY VALLEY, MACP
VALLEY PATRIOT HYPNOSIS COLUMNIST

When I read my first book about hypnosis, it was the great Ormond McGill's "Encyclopedia of Stage Hypnotism." It was on Labor Day 1969.

At that time, I read the "Hands Clasp" script to my father in law and it did not work! That was OK and in November of that year I took Harry Aron's weekend seminar in Boston, Massachusetts. I loved it!

Since I had some acting experience in local small theater, I leaned towards stage hypnosis and started to follow a Canadian stage hypnotist, Sam Vine who was appearing frequently in my home town. Later, Sam and I became good friends and he taught me quite a bit about stage hypnosis. Without belaboring my career in stage hypnosis, let me just say that it has been an extremely rewarding and enjoyable journey in my life.

At the same time, I did partner with Burt Seavey in Lynn Massachusetts who had converted his garage into a nice little office where I would watch him administer hypnosis to clients.

I also felt that I should further my education and attained a Bachelor's degree with Empire State College in Saratoga Springs, NY. Thirteen months later I received my Masters degree in Hypnotherapy and Psychology from Norwich University in Montpelier, VT. Both degrees are accredited and were obtained through the "External Degree Program," formally entitled "University Without Walls."

I then became certified with the AAETH - The association to advance Ethical Hypnosis which was headed by Harry Arons and then I also became a certified hypnotist with the National Guild of Hypnosis (NGH) in which I have been associated with for over 20 years. It has been a wonderful association as I watched, and hopefully I helped, the NGH grow into the giant organization that it is today. The NGH is the largest, most friendly educational teaching organization in over 73 countries.

I learned by working with thousands of clients that no matter how deeply a person goes into hypnosis, nobody actually knows if that person will accept or reject our suggestions.

I have learned that if I can get that person to feel good about himself/herself, then they will accomplish their goals in most cases.

As Harry Arons once said "The only thing that you can be sure of about hypnosis, is that you cannot be sure of anything!" You never know how a person is going to react and follow you suggestions, or not.

I have learned that when you find a common goal with a client, the door opens up and you then have rapport. For example,



if I ascertain that this client is a golfer, and I have made a DVD for golfers, then we have a connection and they usually become more open and responsive to me and the suggestions that follow.

I have learned that testing is something a client CAN accomplish while a challenge is something that he/she CANNOT accomplish. A perfect example of that is the "HANDS-CLASP" experiment. First, the client is able to lock his/her hands and then it switches to a challenge whereby he/she cannot unlock their hands.

I have learned that challenges such as the "Eye Catalepsy," the "Hands Clasp," and perhaps the "Ideo-motor" response whereby he/she cannot stop a finger from going up and down no matter how hard they try will help to deepen the level of hypnosis.

I have learned that when I use the word "Receptive" rather than "Suggestibility," it makes it a bit easier for the client to accept and follow your experiments. To me, the word suggestibility has a slight connotation of gullibility. Now, don't get bent out of shape on this theory of mine. I know that millions of very good hypnotists use the word "Suggestibility," and that is fine....it is just my own feeling about it.

I have learned that if I make a cassette tape of at least the first session, and if the client actually listens to it for 21 days, my success rate goes up. I believe that all hypnosis might be temporary unless it is reinforced. There are several ways to reinforce the suggestions. One is to have the client come back for repeated sessions. The other is to tape the sessions for them.... remember to give them the tape. I have, at times, left the tape in the recorder and then have to scramble to get the tape to the client. Another way to reinforce is to teach the client Self-Hypnosis. These are just a few methods of reinforcement.

I have learned that when a client is not doing well with the program, then you need to search for the cause of the problem a little bit deeper. They probably have other

JERRY VALLEY: PAGE 34



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SHEILA’S RECIPE CORNER



SHEILA MULLINS
VALLEY PATRIOT RECIPE COLUMNIST

July 2014 Valley Patriot Column by Sheila A. Mullins
I love brownies! Who doesn’t? OK, OK, I know there are a few of you out there. But I also love lemon & although I have had many versions of what I’m calling lemonies, but they are almost always very cake-like. What I have been trying to find is a recipe that makes ooey, gooey, chewy lemonies. THAT has been darn near impossible....until now. I think I’ve done it! What do you think?

Lemonies
1 c room temperature unsalted butter, NO substitutes
2 c sugar
2 lemons, zested
Juice of one lemon
3 room temperature large eggs
1 t vanilla
¼ t salt
1-1/8 c flour
Preheat oven to 350°F. Butter a 9” x 9” square pan. Place a sheet of parchment paper on the bottom. Butter the parchment paper. Flour the pan.
Into a mixer bowl, place the butter & sugar. Cream well with an electric mixer. Add eggs, zest, vanilla, lemon juice, & salt. Beat well. Scrape down bowl. Add half of the flour & mix until barely incorporated. Add rest of flour & mix until barely incorporated. Scrape down bowl & ensure that all is just incorporated.
Place all batter into pan & smooth it out evenly. Bake until the lemonies have puffed slightly around the edges, the surface is shiny, but batter is still very moist in the centre. This will take about 30 minutes.
Remove pan & place on cooling rack. Cool completely before cutting. Makes 9 bars.
My favourite fruit is a mango so it seemed like a natural thing to make a savory dish with them. This is not a super-sweet dish despite its name. It’s a fairly quick dish to actually make; the long time being the marinating time. It’s light, delicious, & won’t leave you feeling stuffed.



Serve it over rice or not as you see fit. I used brown rice here.
Honey, Mango, & Sesame Chicken
1.5 lb. chicken breasts or 1.5 lb. chicken thighs, cut into 1.5” pieces
2-3 ripe mangoes, quantity depends upon size, peeled, de-pitted, & cut into 1” chunks, room temperature
¼ c sesame seeds, toasted
¼ c mango chutney
2 T honey
2 T grated fresh ginger
½ t cayenne pepper or to taste
½ c chopped fresh cilantro (or flat leaf parsley)

¼ t salt
½ t pepper
2 medium onions, cut medium dice
2 c rice, optional
Into a non-reactive e.g. glass bowl, place all ingredients except rice, cilantro, sesame seeds, mangoes, & onions. Mix gently but well. Cover & refrigerate at least 6 hours or overnight. Bring to room temperature prior to cooking.
Prepare the rice according to package instructions, if serving over rice.
Heat a large sauté pan or skillet on high. Add 3 T canola oil. Add all contents of bowl & onions. Sauté until chicken is cooked through & onions are lightly browned on the edges. Add the sesame seeds. Mix well. Add the mangoes. Gently mix. Cook about 1 minute. Transfer to serving dish. Serve either plain or over rice. Top with cilantro or parsley.
Recipes are created by Sheila Mullins & taste tested by Jerry & Sheila Mullins. Sheila lives in Newburyport & is a personal cook. She can be reached at Sheila_A_Mullins@hotmail.com & she looks forward to hearing from you.



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Frauds Get Away Free When the Press Fears Asking Questions

Bharani Padmanabhan, MD
VALLEY PATRIOT MEDICAL COLUMNIST

“All animals are equal, but some are more equal than others.” - George Orwell
Valley Patriot readers read last month about the mind-boggling fraud associated with Sir Donald Berwick and his close friends Dr. Lucian Leape and Dr. Charles Denham. Readers also were introduced to the corrupt recommendation from Sir Donald Berwick on US Government letterhead when he was Obama’s recess appointee. The Supreme Court just condemned 9-0 Obama’s recess appointments.
Dr. Leape’s 2013 paper asserting his LeapFrog Score is valid was not his first fraudulent paper published at Harvard. Dr. Leape originally shot to fame with a deliberately fraudulent paper in 1991 and reasserted in 1999 as a Report (“To Err Is Human”) from the Institute of Medicine in Washington DC which claimed American doctors kill 44,000 - 98,000 Americans every single year due to negligence even though the 1991 paper said “98,000 adverse events” not “deaths.”

That 1999 Report ignited the fraud called the LeapFrog Group and set it in business nationwide. Leape recommended LeapFrog by name in that Report without disclosing that Leape founded LeapFrog.
The interesting thing about fraud is that it requires people to believe. In the case of the IOM, people are expected to believe that it is part of the National Institutes of Health, meaning the United States Government and that it’s Reports are issued in the public interest and deserve unquestioning respect and obedience. Nothing could be further from the truth. The IOM is just a private non-profit like so many others that don’t pay taxes and claim to be noble.

The Kansas Feds revealed the corrupt role of Dr. Charles Denham in trying to influence the Report of the National Patient Safety Foundation. He was bribed \$11.6 Million. This concern applies equally to Reports issued by the IOM.
It turns out the 1999 IOM Report issued expressly in support of the LeapFrog fraud was not the last IOM report to have corrupt underpinnings. Recently a scandal has broken about the severe conflicts of interest underlying a 2011 IOM Report. IOM asserted that 116 million Americans suffer from moderate to severe pain every day, meaning fully one-third of the population of the United States.

<http://www.iom.edu/Reports/2011/Relieving-Pain-in-America-A-Blueprint-for-transforming-Prevention-Care-Education-Research.aspx>
Given that no one slapped them down for claiming American doctors kill 100,000 Americans year on year, you really can’t fault them for getting bolder, can you? After all Dr. Leape and his LeapFrog Group have been minting money on that false assertion for years now. It

has spawned an entire industry exactly as Madoff spawned all those feeder funds with accountants and typists churning out all those thousands of consciously fake reports month after month for years.
And so it is revealed that 7 of the people who issued this 2011 IOM Report were being paid by the manufacturers of pain pills. And just as Dr Denham never disclosed that he too was affiliated with LeapFrog when he published Dr. Leape’s fake paper in his Journal, the IOM never disclosed that half the Report’s writers were in the pay of pill manufacturers.
Then again, when it comes to people affiliated with the IOM, like Berwick, Leape and the rest, this is par for the course, standard operating procedure, and the normal scheme of things. They know they are consciously violating the law. There is absolutely nothing “inadvertent” about what they do.
The only thing out of the ordinary here is public exposure. And the reason for the exposure is the Milwaukee Journal-Sentinel has real journalists who refused to kowtow to “authorities” as the Boston Globe always does. They did not treat the IOM folks as more equal than the rest of us.

The Globe has had documentary evidence for 2 years now of the various frauds consciously perpetrated by Dr. Leape and has refused to go to print, even pointedly ignoring the outing of Dr. Denham by the Feds. Naturally the Globe happily published a gushing puff piece on Dr. Denham instead. Some are more equal than others.
The Boston Globe even gave me in writing that press releases from the White House should not be questioned and should be printed in the pages of the Globe as proven fact. I call that the Pravda school of journalism.
The Globe is part of the reason the annual homicide solve rate for Boston is half that of Milwaukee or Houston. Per the FBI, Boston has 32 officers per 10,000 people compared to 23 in Houston and 32 in Milwaukee so resources and funding are not the problem.
When the Press is afraid of taking on frauds who claim to be pillars of the establishment - the untouchables who are above the law and all question, shies away from holding even public servants accountable and openly editorializes against families whose children have been illegally imprisoned by a Harvard hospital, that is not a surprising outcome. Rule of law suffers greatly. And the Press becomes part of the problem.



Dr Bharani Padmanabhan is a Board-Certified neurologist who specializes in Multiple Sclerosis in the Boston area. scleroplex@gmail.com

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State Senate Candidate Finocchiaro Off and Running

Methuen Democratic State Senate Candidate has been busy this past month. Between attending district events to introduce herself to hundreds of people, knocking on doors, and her recent kickoff event she has stayed visible to voters.

The Committee to Elect Jessica Finocchiaro held a campaign kickoff at the Methuen Sons of Italy June 26th, and despite a few other events going on, attracted over 100 people. The room was filled with supporters from elected officials, to small business owners, to a diverse group of residents who are all standing with the campaign through Election Day September 9th. Former Mayor of Methuen and current Town Manager of Seabrook Bill Manzi as well as former State Senator, Massachusetts Secretary of Energy, and Mayor of Methuen Sharon Pollard both gave speeches in support of Jessica noting her honesty, loyalty, ability to get things done, and even made some comparisons to JFK.

Finocchiaro says, "I believe voters are receptive because they want to know who the candidates are personally, not just a set of talking points. They know that our district and the Commonwealth are facing some serious issues, and voters want to know how I will be different. I've heard from people across the district, and many agree that if we keep electing leaders who won't stand up our families and issues that have an everyday impact—things will continue to get worse. My family and I have been through some tough times, and that's what has motivated me to bring my perspective to public service. With me you know I will not waiver in standing up for families like yours."

Jessica says that voters like her straightforward attitude best. She says, "Voters ask me all kinds of questions, and they should. There is a huge difference between the opinions of my opponent and I, so it's important that voters have direct access for the democratic process to really work."

Finocchiaro has laid out two pledges: 1) she will be the first Massachusetts legislator to post all of her votes online as she takes

them, and announce votes that are coming up as soon as she gets word, and 2) she plans on knocking on constituents doors year-round, not just during election time.

Finocchiaro said, "I don't make these pledges lightly. I haven't heard of any other legislator willing to be this transparent and accessible online, and that's because it's much easier to run a reelection campaign based on talking points than your record. It's so difficult for people to know how their legislators are representing them, and that is a crime. Just as criminal, most legislators are only able to get the pulse of their district from the same 50 or so folks who regularly attend local events. That's why I'm proud to pledge that I will knock doors once a week when I'm in office—Democrats, Republicans, Independents, and unregistered constituents, they all need to be heard equally. Voters are tired of officials they only hear from during campaign season. I trust people in this district better than anyone else to tell me what matters most and how I can help them."

Her campaign will be hosting events in every part of the district in the next two months. Her current event list includes what's been dubbed a "listening tour," where Jessica let's guests know more about her vision for the district, then asks them for feedback on what's most important to them. Current dates include: Coffee at the North Andover Senior Center 7/21 and 8/6 at 9AM, Coffee at the Methuen Senior Center 7/17 and 8/6 at 9:30AM, and an Ice Cream Social at the Haverhill Citizen Center 8/4 at 11:30AM. More local events to be announced soon.

The First Essex district includes: Amesbury, Haverhill, Newburyport, North Andover (Precincts 1-4), Merrimac, Methuen, and Salisbury. The Democratic Primary will be held on Tuesday, September 9th, 2014. The incumbent, Senator Kathleen O'Connor Ives, first won the Democratic Primary in 2012, with just 38 percent of the vote in a close three-way contest. Finocchiaro and Ives are the only two Democratic primary candidates, and one of them will face off with Haverhill Republican Shaun Toohey this fall.

Author Turns Personal Tragedy into Southern Border Wakeup Call

Author turns personal tragedy into Southern Border wakeup call

After a tragic murder of a family member inside the United States tied to an illegal Alien drug cartel member who had been deported on three separate occasions, author DS Edwards penned the Novel; "Collective Retribution"

"I really wanted to make a difference. Border security is not about cheap labor, poor oppressed families struggling to make a better life, or even an expanded Democrat voting base, although that is a nasty side effect of open borders. At the end of the day it's about the security of all Americans, and the ability of those who are filled with hate, to waltz across and destroy our very republic. It's not a matter of if it will happen, it's a matter of when it will happen if our borders are not secured."

DS Edwards
Ray Graves, owner of Prepper Up Survival store had this to say: "If you have a spouse, or loved one who is on the fence when it comes to prepping or border security, once they read "Collective Retribution" they will jump off that fence in a hurry! This book is changing hearts and minds, and screaming out to all Americans; WAKE UP!

Description: When everything America depends on for everyday life is suddenly taken away? No phones, no electricity, no automobiles. What will tomorrow bring? What will you eat? How will you get water?

What will happen as your hunger and desperation grow? Will you turn against your neighbors, your friends? Or will you work together to face the deadly challenges of everyday life?

The United States of America is a nation on the brink of collapse. With high unemployment, religious extremism, partisan politics, and civil unrest, mixed with the uncertainty of the global financial markets, it's just a matter of time before it all comes crashing down. Some countries are poised, troops at the ready, waiting for this day and the opportunity to seize it all.

Levi Nirschell, family man, rancher, patriot, and NSA operative has devoted his life to the service of his country. He has spilled his own blood, for the cause of liberty and the protection of the innocent. Now his nation calls on him yet again for its salvation. This time it's different, this time it's not just his life that's at stake. This time it may cost him everything he holds dear.

"Collective Retribution" is a prophetic look at the coming fall of The United States, and those who will be the catalyst in bringing about her destruction. Who will survive? Will America be rebuilt and return to her former glory? Or will she turn into something quite different than the Founding Fathers dreamed of? Something ugly-Something evil.

HERO ERIC NELSON: FROM 1

Performance Coach stationed at the Joint Multinational Readiness Center in Europe until 2007. During that time, he facilitated workshops in community leadership, led a team of 45 trainers and experts and coached senior leadership.

For his contributions, Nelson was awarded the Army Aviation Association of America's Order of Saint Michael Medal for contributions in training and developing future Army aviation leadership. He was also recognized for the collaboration with multi-national forces.

In 2007, Nelson received an honorable discharge from the military and began working at Valley Works Career Center in Lawrence to help other veterans. He continues to work there as the Local Veterans Employment Representative assisting veterans to find employment.

During his military career, Nelson received numerous awards and decorations that include: Air Medal (#2), Army Commendation Medal (4 OLC), Army Achievement Medal (3 OLC), Good Conduct Medal (6th Award), National Defense Service Medal (2), Southwest Asia Service Medal (2 Bronze Service Stars), Humanitarian Service Medal (#2), NCO Professional Development Ribbon (#3), Army Service Ribbon, Overseas Service Ribbon (#2), Kuwait Liberation Medal (Saudi Arabia), Kuwait Liberation Medal (Kuwait), Meritorious Unit Commendation, Army Superior Unit Award, Drivers Badge, Master Parachutist Badge, Senior Aircraft Crewman Badge, and the Turkish Parachutist Badge.

Nelson is married to the former Juliet Elisa Wilson from the Canal Zone, Republic of Panama. Juliet is also a veteran.



The Valley Patriot is proud to be able to honor such a man who was so willing to sacrifice his life and the future happiness of his family to defend this country.

Thank you Eric Nelson for your service to this nation and for the countless contributions you have made to your community. The debt that we owe you and the men and women you served with is immeasurable and can never be repaid.

JERRY VALLEY: FROM PAGE 31

issues going on that they did not mention. Address those issues and perhaps the client will respond favorably.

I have learned that a client will be successful IF they have a burning and sincere desire to make a change in their lives. As a hypnotist, you will be effective ONLY if the client has a sub-conscious desire to make the changes. Remember that change in life is not only necessary, but can be very enjoyable.

I have learned that when I use certain phrases....THEY WORK!...in most cases.

Phrases such as "YOU MIGHT FEEL LIKE SMOKING BUT.....YOU DON'T HAVE TO." "YOU MIGHT FEEL LIKE OVEREATING, BUT YOU DON'T HAVE TO."

The phrase "YOU DON'T HAVE TO," takes the compulsivity element out of the temptations and gives them the POWER OF CHOICE....which, in most cases has been dormant for some time as smokers smoke compulsively as well as overeaters, etc.

In summation, I have learned that when you treat a client with respect and dignity, as you would like to be treated, they will follow your suggestions.....in most cases. You never know.

I hope that these ideas might help you in having a successful event with hypnosis.
Jerry Valley, MACP, Director: Valley Hypnosis Center, Methuen, MA, 978-688-6657

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AMERICAN LEGION NOTES FOR JULY

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

This month we recognize the beginning of World War I, the Great War, the war to end all wars! Oh, if that were only true. World War I began in July 1914 with the assassination of Grand Duke Ferdinand of Austria. Soon all of Europe was engulfed in the conflict. It would not be until April of 1917 that the United States would enter the war. Four million men and women were in the armed forces. Loss of American lives would reach 116,516 lost and 205,690 wounded. Women were now officially in the military and would number 33,000. More information about World War I and upcoming events can be found at <http://worldwar-1centennial.org/>.

There were weapons of war not seen in previous conflicts including the use of airplanes; machine guns; tanks and chemical weapons. I have seen some news reports that many young adults have no idea about this war and some confuse it with World War II. I hope you will take some time to educate those in your family about this piece of history. One good

thing that came about was the creation of the American Legion. There will be more information about the Legion's history in future articles and you can learn more on your own by visiting www.legion.org.

As in every July, we look forward to July 4th. A time for cookouts and fireworks. For many it is the beginning of vacations to the beach or a lake. How many of us remember or even think about it being Independence Day? The day recognized as the Declaration of Independence of the American Colonies from Great Britain. Signers of the Declaration from Massachusetts were Samuel Adams, John Adams, Elbridge Gerry and Robert Treat Paine. In 1781, Massachusetts became the first state to recognize July 4th as a holiday. And of course, Massachusetts is known as the cradle of liberty. We have so much history in our state, but how many of us take time to look around us and remember what took place so many years ago to create this great nation. It is another opportunity to remind our youth of the rich history that is literally in our back yard.

The Veterans Administration (VA) crisis continues to be in the news and will be for some time. As I noted in the past, the VA does a lot of good work. But it is obvious there is need for top to bottom major reform. Some of the plans being discussed include: hiring and training more staff; upgrading the electronic claims process; reviewing all business processes and management structure. Budget cuts call for the Army to reduce the number of soldiers by 40 thousand or more! This will have additional impact on the VA, our National Defense and economy. Where are these soldiers going to find employment? And more numbers will be cut from the Navy, Marines and Air Force!

If you feel strongly about any of these issues, what are you doing about it? Are you talking with family members about our history? Are you contacting our elected officials to share your thoughts? And forget thinking that you are one person with one voice. That is true but together we have a very LOUD voice. Please join



me and make your voice heard with mine. May God bless our troops and their families as they protect our way of life.

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BOREDOM: FROM 30

with them on their iPads.

So what can we do as parents to help our zombified children come back to earth? How about a little unstructured time? You see today, and all of us are guilty, we feel the need to fill their schedules up with 3 and 4 sports activities, drama, music lessons, homework and other activities. In between these, our kids just head for their electronics for some down time. Could it be that maybe us, the parents are the problem? Squeezing in every activity known to man so they don't know how or what to do with their down-time when they actually have some?

In my opinion, too much "structured" time, strangles our children's abilities to be creative and find their own passions. Children need to make forts in the backyard, collect bugs, catch tadpoles in the pond, and just look forward to a lazy day in the sun. It is also very important for children to be able to learn how to manage periods of unstructured time rather than try to fill it up with Mario Brothers, Minecraft and Slenderman. This is something that, if learned young, will carry on with them as they become young adults, which will be highly important as they take on full time jobs and responsibilities.

So how can we help our children come out of the boredom black hole? When your child comes to you and says that they are bored, stop and focus on them for five minutes. You can use this time to connect with them and they can get the refueling they need to be on their way fairly quickly. Once they are refueled, approach

the "what to do" question. Consider making a list of activities that do not involve electronics and putting them on pieces of paper so that you child can choose a few from the "boredom basket". Some activities could include; starting a journal, making a dream board by cutting out pictures out of magazines, teaching them how to make their favorite meal, brush the dog, paint a picture, play a board game, draw on the sidewalk with chalk, play "restaurant" and show them how to take orders and cash out customers, even string beads to make friendship bracelets. You get the picture. There are thousands of activities you and your child can do to alleviate boredom. Engage them in activities that teach them how to use their creative sides of their brains. They will feel satisfied and fulfilled for much longer of a time period than catching gold coins or blowing up buildings. If you must entertain them with electronics at times, that is fine just make sure you try and get them educational ones like a spelling or a math game. It forces your child to think and use their minds rather than use their adrenaline thumb trigger finger.

Our children are the future leaders of tomorrow. Personally I would rather encourage my child to create a dream board with his goals and aspirations. Never did any President of the United States sit in the oval office and attribute his success to his ability to beat the Angry Birds game.

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DEVERS: FROM PAGE 14

munity. We do not want to lose Marcos Devers. We need you, everyone in this room to get your neighbors and get your friends to support Marcos. This is going to be an election for the ages. This will determine how Lawrence is perceived for a long, long time. You have a team; you are building a team that will get recognition statewide because of their efforts and commitment to good government. You can't let that be torn asunder. It is

extremely important and I can't stress enough, I'm here from Quincy ... but I'm here because I know how important this is to Lawrence. I know how important it is to Massachusetts. And I certainly know how important it is to the house of representative."

"I don't want to beat a dead horse but Marcos is in a fight. We are here to help him and we need you to help him."

TEA PARTY: FROM PAGE 33

in response to unbridled spending (TARP under George Bush 43 and stimulus under Obama) and the over-reach of Obamacare. It continues to fight against an ever increasing centralization of power in Washington.

The Tea Party in Massachusetts admittedly does not enjoy the clout it does in the Heartland (returning the House to Republican control in 2010), but its members work supporting issues many voters would consider worthwhile: advocating for the freeing

of Justina Pelletier by an over zealous state government; publicizing the evils of the federal takeover of education (Common Core); and supporting the roll back of the automatic gasoline tax (Tank the Tax).

Radical (returning to our roots)and engaged we may be; extreme and racist we are not.

Pete Laird Sr.
Founding Member, Greater Boston Tea Party Steering Committee

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